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Nutritive Value of Foods



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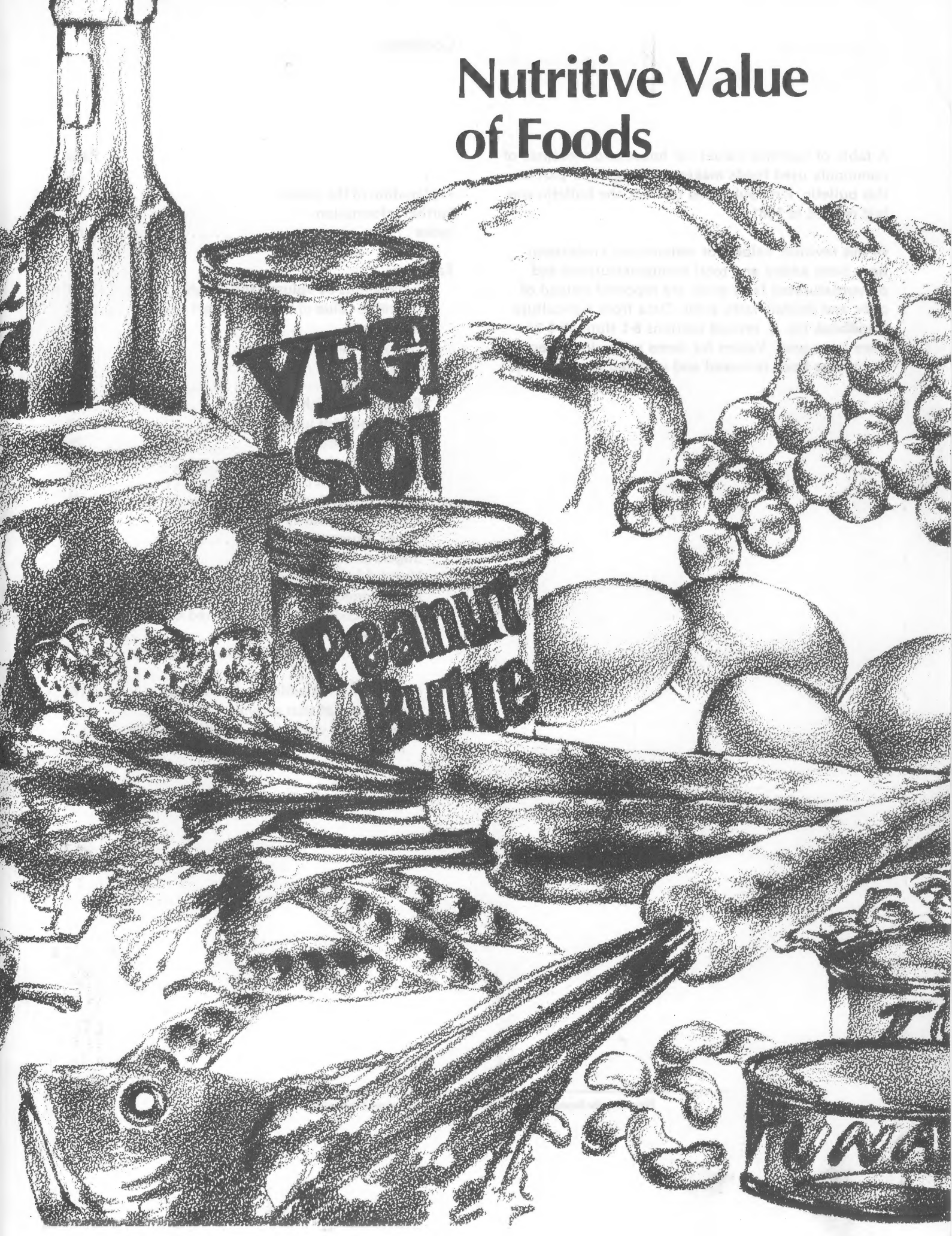


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Authors: Susan E. Gebhardt and Ruth H. Matthews

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Nutritive Value of Foods



Contents

A table of nutritive values for household measures of commonly used foods makes up the greater part of this bulletin. First published in 1960, the bulletin was last revised in 1981.

In this revision, values for sodium and cholesterol have been added and total monounsaturated and polyunsaturated fatty acids are reported instead of oleic and linoleic fatty acids. Data from Agriculture Handbook No. 8, revised sections 8-1 through 8-12, have been used. Values for items not in these sections have been reviewed and updated as necessary.

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Nutritive Value of Foods

A glass of milk... a slice of cooked meat... an apple... a slice of bread... What food values does each contain? How much cooked meat will a pound of raw meat yield? How much daily protein is recommended for a healthy 14-year-old boy?

Ready answers to questions like these are helpful to homemakers who need the information to plan nutritionally adequate diets and to nutritionists, dietitians, physicians, and other consumers.

The answers will be found in the tables in this publication.

Explanation of the Tables

Some helpful volume and weight equivalents are shown in table 1.

Table 1.—Equivalents by Volume and Weight

Volume	
Level measure	Equivalent
1 gallon (3.786 liters; 3,786 milliliters)	4 quarts
1 quart (0.946 liter; 946 milliliters)	4 cups
1 cup (237 milliliters)	2 pints
	8 fluid ounces
	1/2 pint
	16 tablespoons
2 tablespoons (30 milliliters)	1 fluid ounce
1 tablespoon (15 milliliters)	3 teaspoons
Weight	
Avoirdupois weight	Equivalent
1 pound (16 ounces)	453.6 grams
1 ounce	28.35 grams
3-1/2 ounces	100 grams

Nutritive Value of Foods (Table 2)

Table 2 shows the nutritive values of 908 common foods.

Foods listed.—Foods are grouped under the following main headings:

- Beverages
- Dairy products
- Eggs
- Fats and oils
- Fish and shellfish
- Fruits and fruit juices
- Grain products
- Legumes, nuts, and seeds
- Meat and meat products
- Mixed dishes and fast foods
- Poultry and poultry products
- Soups, sauces, and gravies
- Sugars and sweets
- Vegetables and vegetable products
- Miscellaneous items

Most of the foods listed are in ready-to-eat form. Some are basic products widely used in food preparation, such as flour, fat, and cornmeal.

The approximate measure shown for each food is in cups, ounces, pounds, some other well-known unit, or a piece of a certain size. The measures shown do not necessarily represent a serving, but the unit given may be used to calculate a variety of serving sizes. For example, values are given for 1 cup of apple sauce. If a serving is 1/2 cup, divide the values by 2 or multiply by 0.5; for a 2/3 cup serving multiply values by 0.67. The cup measure refers to the standard measuring cup of 8 fluid ounces. The ounce is one-sixteenth of a pound avoirdupois, unless "fluid ounce" is indicated. The weight of a fluid ounce varies according to the food measured. If the household measure of a food is listed as 1 ounce, the nutrients are based on a weight of 28.35 grams, although only 28 grams is shown in the table. All other measures are based on the actual weight shown.

The weight in grams for an approximate measure of each food is shown. The weight applies to only the edible portion of the food, such as the banana pulp without the peel. For fruits and vegetables, whenever possible a market unit and its weight are given in the

food description to indicate the weight of an item as purchased including the inedible parts that will be removed.

Food values.—Table 2 also shows values for water; food energy; protein; fat; total saturated, mono-unsaturated, and polyunsaturated fatty acids; cholesterol; carbohydrate; five minerals (calcium, phosphorus, iron, potassium, and sodium); and five vitamins (vitamin A, thiamin, riboflavin, niacin, and ascorbic acid or vitamin C). Water content is included because the percentage of moisture present is needed for identification and comparison of many food items. Values are in grams or milligrams except for food energy and vitamin A.

Food energy is reported in calories. The calorie is the unit of measurement of the energy furnished the body by protein, fat, and carbohydrate. Alcohol also contributes to the calorie content of alcoholic beverages. Calorie values have been rounded to the nearest 5 calories. Vitamin A is reported in two different units: International Units (IU), used in the past for expressing vitamin A activity, and Retinol Equivalents (RE), the units currently used by the Food and Nutrition Board for expressing the Recommended Daily Dietary Allowances for vitamin A. International Units are rounded to the nearest 10 IU.

Nutrient data are from revised sections 1 through 12 of Agriculture Handbook No. 8. Values for foods not in the published AH-8 sections have been reviewed and updated as necessary using information currently available in the National Nutrient Data Bank. Most differences in this bulletin from values in the published sections of AH-8 are due to rounding.

Values for food energy (calories) and nutrients shown in table 2 are the amounts present in the part of the item that is customarily eaten—corn without cob, meat without bone, peaches without skin, European-type grapes without seeds. If additional parts are eaten—the peach skin, for example—amounts of some nutrients obtained will be somewhat greater than those shown.

Thiamin, riboflavin, niacin, and iron values in enriched white flours, white bread and rolls, cornmeals, pastas, farina, and rice are based on the current enrichment levels established for those products by the Food and Drug Administration. (Enrichment levels

for riboflavin in rice have not been put into effect and are not used in table 2.) Enriched flour is used in most home-prepared and commercially prepared baked goods.

Niacin values are for preformed niacin occurring naturally in foods. The values do not include additional niacin that may be formed in the body from tryptophan, an essential amino acid in the protein of most foods. Among the better sources of tryptophan are milk, meats, eggs, legumes, and nuts.

Values for many prepared items have been calculated from the ingredients in typical recipes. Examples are biscuits, corn muffins, macaroni and cheese, custard, and many dessert-type items. Adjustments were made for nutrient losses during cooking.

Values for toast and cooked vegetables are without fat added, either during preparation or at the table. Values for cooked vegetables, dry beans, pasta, noodles, rice, meat, poultry, and fish are without salt added. Cutting or shredding vegetables may destroy a portion of some vitamins, especially ascorbic acid. Since such losses are variable, no deduction has been made.

The mineral contribution of water was not considered for coffee, tea, soups, sauces, or concentrated fruit juices prepared with water. Sweetened items contain sugar unless identified as artificially sweetened.

Several manufactured items—including some milk products, ready-to-eat breakfast cereals, imitation cream products, fruit drinks, and various mixes—are included in table 2. Such foods may be fortified with one or more nutrients; the label will describe any fortification. Values shown here for these foods may be based on products from several manufacturers and, therefore, may differ somewhat from the values provided by any one source.

For meat, values describe it after it has been cooked and drained of the drippings. For many cuts, two sets of values are shown: meat including lean and fat parts, and lean meat from which the fat has been removed either before or after cooking.

Yield of Cooked Meat (Table 3)

Meat undergoes certain losses from the time it is purchased to the time it is eaten. Among these are losses during cooking from evaporation of moisture, loss of fat in the drippings, and removal of parts such as bone, gristle, and fat before or after cooking.

Table 3 shows, for several retail cuts, the yield of cooked meat from 1 pound of raw meat. Yield is given as ounces of:

Cooked meat with bone and fat

Cooked lean and fat

Cooked lean only

Among the factors influencing the yield of meat is the proportion of fat and lean. Many cuts have an outside layer of fat extending all or part way around. The thickness of this fat layer varies depending on the cutting and trimming practices in the market. The information on yield in table 3 and on nutritive value in table 2 applies to retail cuts trimmed according to typical market practices. Deposits of fat within a cut (marbling) may be extensive. They usually are not affected by retail trimming but may be discarded at the table.

Recommended Daily Dietary Allowances (Table 4)

Table 4 shows Recommended Daily Dietary Allowances (RDA) for calories and for several nutrients essential for maintenance of good nutrition in healthy, normally active persons. This table is adapted from a more extensive table published by the Food and Nutrition Board of the National Academy of Sciences, National Research Council, in 1980.

Nutrients not shown in tables 2 and 4 but for which the Food and Nutrition Board published RDA in 1980 are vitamin B₆, vitamin B₁₂, folacin, vitamin D, vitamin E, magnesium, iodine, and zinc. More detailed information about RDA's may be obtained from the publication from which table 4 is adapted.

Food Sources of Additional Nutrients (Table 5)

Table 5 lists foods that are of special value in supplying the eight nutrients not shown in tables 2 and 4. Foods are considered to be of special value as a source of a nutrient if a serving of the food is relatively high in the nutrient.

The RDA for one nutrient shown in tables 2 and 4 is notably difficult to achieve by some individuals. Iron allowances are not met in diets for many preschool-age children and females of childbearing age. Choosing foods rich in iron—lean meats, shellfish, liver, heart, kidney, dry beans and peas, dark-green vegetables, dried fruit, and cereals with added iron—can help in meeting iron allowances. Iron supplements, in addition to a varied diet, are recommended for pregnant and lactating women.

Further Information

Fat That Provides 30 and 35 Percent of Calories (Table 6)

Several scientific groups suggest that Americans moderate the amount of fat in their diets. Some recommend that fat be limited to amounts that will provide no more than 30 to 35 percent of calories. Table 6 shows the amount of fat that provides 30 and 35 percent of calories for diets of several total daily calorie intakes. For example, a woman wishing to moderate her fat intake to 35 percent of her 2,000-calorie diet should select foods that total no more than 78 grams of fat per day. She can estimate the grams of fat in the foods she eats from table 2.

A number of other publications of the Human Nutrition Information Service, U.S. Department of Agriculture, give helpful information about nutrients and which foods they are found in.

Agriculture Handbook No. 8, "Composition of Foods... Raw, Processed, Prepared," is a more technical publication with data for a much more extensive list of foods. It is being revised in sections. The revised sections now available are:

- No. 8-1 Dairy and Egg Products
- 8-2 Spices and Herbs
- 8-3 Baby Foods
- 8-4 Fats and Oils
- 8-5 Poultry Products
- 8-6 Soups, Sauces, and Gravies
- 8-7 Sausages and Luncheon Meats
- 8-8 Breakfast Cereals
- 8-9 Fruits and Fruit Juices
- 8-10 Pork Products
- 8-11 Vegetables and Vegetable Products
- 8-12 Nut and Seed Products

Other publications containing information on a specific nutrient are "The Sodium Content of Your Food," Home and Garden Bulletin No. 233, and "Calories and Weight," Agriculture Information Bulletin No. 364. Additional information on evaluating and planning diets is available from "The Hassle Free Guide to a Better Diet," L-567, and "Nutrition and Your Health: Dietary Guidelines for Americans," Home and Garden Bulletin No. 232.

These publications may be purchased from the Superintendent of Documents, U.S. Government Printing Office, Washington, DC 20401, or any U.S. Government Printing Office bookstore.

Table 2. Nutritive Value of the Edible Part of Food

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)			Water	Food energy	Protein	Fat	Fatty acids		
								Saturated	Mono-unsaturated	Poly-unsaturated
			Grams	Per-cent	Cal-ories	Grams	Grams	Grams	Grams	Grams
Beverages										
Alcoholic:										
Beer:										
1	Regular-----	12 fl oz-----	360	92	150	1	0	0.0	0.0	0.0
2	Light-----	12 fl oz-----	355	95	95	1	0	0.0	0.0	0.0
Gin, rum, vodka, whiskey:										
3	80-proof-----	1-1/2 fl oz-----	42	67	95	0	0	0.0	0.0	0.0
4	86-proof-----	1-1/2 fl oz-----	42	64	105	0	0	0.0	0.0	0.0
5	90-proof-----	1-1/2 fl oz-----	42	62	110	0	0	0.0	0.0	0.0
Wines:										
6	Dessert-----	3-1/2 fl oz-----	103	77	140	Tr	0	0.0	0.0	0.0
Table:										
7	Red-----	3-1/2 fl oz-----	102	88	75	Tr	0	0.0	0.0	0.0
8	White-----	3-1/2 fl oz-----	102	87	80	Tr	0	0.0	0.0	0.0
Carbonated: ²										
9	Club soda-----	12 fl oz-----	355	100	0	0	0	0.0	0.0	0.0
Cola type:										
10	Regular-----	12 fl oz-----	369	89	160	0	0	0.0	0.0	0.0
11	Diet, artificially sweetened	12 fl oz-----	355	100	Tr	0	0	0.0	0.0	0.0
12	Ginger ale-----	12 fl oz-----	366	91	125	0	0	0.0	0.0	0.0
13	Grape-----	12 fl oz-----	372	88	180	0	0	0.0	0.0	0.0
14	Lemon-lime-----	12 fl oz-----	372	89	155	0	0	0.0	0.0	0.0
15	Orange-----	12 fl oz-----	372	88	180	0	0	0.0	0.0	0.0
16	Pepper type-----	12 fl oz-----	369	89	160	0	0	0.0	0.0	0.0
17	Root beer-----	12 fl oz-----	370	89	165	0	0	0.0	0.0	0.0
Cocoa and chocolate-flavored beverages. See Dairy Products (items 95-98).										
Coffee:										
18	Brewed-----	6 fl oz-----	180	100	Tr	Tr	Tr	Tr	Tr	Tr
19	Instant, prepared (2 tsp powder plus 6 fl oz water)-----	6 fl oz-----	182	99	Tr	Tr	Tr	Tr	Tr	Tr
Fruit drinks, noncarbonated:										
Canned:										
20	Fruit punch drink-----	6 fl oz-----	190	88	85	Tr	0	0.0	0.0	0.0
21	Grape drink-----	6 fl oz-----	187	86	100	Tr	0	0.0	0.0	0.0
22	Pineapple-grapefruit juice drink-----	6 fl oz-----	187	87	90	Tr	Tr	Tr	Tr	Tr
Frozen:										
Lemonade concentrate:										
23	Undiluted-----	6-fl-oz can-----	219	49	425	Tr	Tr	Tr	Tr	Tr
24	Diluted with 4-1/3 parts water by volume-----	6 fl oz-----	185	89	80	Tr	Tr	Tr	Tr	Tr
Limeade concentrate:										
25	Undiluted-----	6-fl-oz can-----	218	50	410	Tr	Tr	Tr	Tr	Tr
26	Diluted with 4-1/3 parts water by volume-----	6 fl oz-----	185	89	75	Tr	Tr	Tr	Tr	Tr
Fruit juices. See type under Fruits and Fruit Juices.										
Milk beverages. See Dairy Products (items 92-105).										
Tea:										
27	Brewed-----	8 fl oz-----	240	100	Tr	Tr	Tr	Tr	Tr	Tr
Instant, powder, prepared:										
28	Unsweetened (1 tsp powder plus 8 fl oz water)-----	8 fl oz-----	241	100	Tr	Tr	Tr	Tr	Tr	Tr
29	Sweetened (3 tsp powder plus 8 fl oz water)-----	8 fl oz-----	262	91	85	Tr	Tr	Tr	Tr	Tr

¹Value not determined.²Mineral content varies depending on water source.

Nutrients in Indicated Quantity													
Choles- terol	Carbo- hydrate	Calcium	Phos- phorus	Iron	Potas- sium	Sodium	Vitamin A value		Thiamin	Ribo- flavin	Niacin	Ascorbic acid	Item No.
							(IU)	(RE)					
Milli- grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Inter- national units	Retinol equiva- lents	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
0	13	14	50	0.1	115	18	0	0	0.02	0.09	1.8	0	1
0	5	14	43	0.1	64	11	0	0	0.03	0.11	1.4	0	2
0	Tr	Tr	Tr	Tr	1	Tr	0	0	Tr	Tr	Tr	0	3
0	Tr	Tr	Tr	Tr	1	Tr	0	0	Tr	Tr	Tr	0	4
0	Tr	Tr	Tr	Tr	1	Tr	0	0	Tr	Tr	Tr	0	5
0	8	8	9	0.2	95	9	(¹)	(¹)	0.01	0.02	0.2	0	6
0	3	8	18	0.4	113	5	(¹)	(¹)	0.00	0.03	0.1	0	7
0	3	9	14	0.3	83	5	(¹)	(¹)	0.00	0.01	0.1	0	8
0	0	18	0	Tr	0	78	0	0	0.00	0.00	0.0	0	9
0	41	11	52	0.2	7	18	0	0	0.00	0.00	0.0	0	10
0	Tr	14	39	0.2	7	³ 32	0	0	0.00	0.00	0.0	0	11
0	32	11	0	0.1	4	29	0	0	0.00	0.00	0.0	0	12
0	46	15	0	0.4	4	48	0	0	0.00	0.00	0.0	0	13
0	39	7	0	0.4	4	33	0	0	0.00	0.00	0.0	0	14
0	46	15	4	0.3	7	52	0	0	0.00	0.00	0.0	0	15
0	41	11	41	0.1	4	37	0	0	0.00	0.00	0.0	0	16
0	42	15	0	0.2	4	48	0	0	0.00	0.00	0.0	0	17
0	Tr	4	2	Tr	124	2	0	0	0.00	0.02	0.4	0	18
0	1	2	6	0.1	71	Tr	0	0	0.00	0.03	0.6	0	19
0	22	15	2	0.4	48	15	20	2	0.03	0.04	Tr	⁴ 61	20
0	26	2	2	0.3	9	11	Tr	Tr	0.01	0.01	Tr	⁴ 64	21
0	23	13	7	0.9	97	24	60	6	0.06	0.04	0.5	⁴ 110	22
0	112	9	13	0.4	153	4	40	4	0.04	0.07	0.7	66	23
0	21	2	2	0.1	30	1	10	1	0.01	0.02	0.2	13	24
0	108	11	13	0.2	129	Tr	Tr	Tr	0.02	0.02	0.2	26	25
0	20	2	2	Tr	24	Tr	Tr	Tr	Tr	Tr	Tr	4	26
0	Tr	0	2	Tr	36	1	0	0	0.00	0.03	Tr	0	27
0	1	1	4	Tr	61	1	0	0	0.00	0.02	0.1	0	28
0	22	1	3	Tr	49	Tr	0	0	0.00	0.04	0.1	0	29

³Blend of aspartame and saccharin; if only sodium saccharin is used, sodium is 75 mg; if only aspartame is used, sodium is 23 mg.

⁴With added ascorbic acid.

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)		Water	Food energy	Protein	Fat	Fatty acids		
							Saturated	Mono-unsaturated	Poly-unsaturated
		Grams	Per-cent	Cal-ories	Grams	Grams	Grams	Grams	Grams
Dairy Products									
	Butter. See Fats and Oils (items 128-130).								
	Cheese:								
	Natural:								
30	Blue----- 1 oz-----	28	42	100	6	8	5.3	2.2	0.2
31	Camembert (3 wedges per 4-oz container)----- 1 wedge-----	38	52	115	8	9	5.8	2.7	0.3
	Cheddar:								
32	Cut pieces----- 1 oz-----	28	37	115	7	9	6.0	2.7	0.3
33	1 in ³ -----	17	37	70	4	6	3.6	1.6	0.2
34	Shredded----- 1 cup-----	113	37	455	28	37	23.8	10.6	1.1
	Cottage (curd not pressed down):								
	Creamed (cottage cheese, 4% fat):								
35	Large curd----- 1 cup-----	225	79	235	28	10	6.4	2.9	0.3
36	Small curd----- 1 cup-----	210	79	215	26	9	6.0	2.7	0.3
37	With fruit----- 1 cup-----	226	72	280	22	8	4.9	2.2	0.2
38	Lowfat (2%)----- 1 cup-----	226	79	205	31	4	2.8	1.2	0.1
39	Uncreamed (cottage cheese dry curd, less than 1/2% fat)----- 1 cup-----	145	80	125	25	1	0.4	0.2	Tr
40	Cream----- 1 oz-----	28	54	100	2	10	6.2	2.8	0.4
41	Feta----- 1 oz-----	28	55	75	4	6	4.2	1.3	0.2
	Mozzarella, made with:								
42	Whole milk----- 1 oz-----	28	54	80	6	6	3.7	1.9	0.2
43	Part skim milk (low moisture)----- 1 oz-----	28	49	80	8	5	3.1	1.4	0.1
44	Muenster----- 1 oz-----	28	42	105	7	9	5.4	2.5	0.2
	Parmesan, grated:								
45	Cup, not pressed down----- 1 cup-----	100	18	455	42	30	19.1	8.7	0.7
46	Tablespoon----- 1 tbsp-----	5	18	25	2	2	1.0	0.4	Tr
47	Ounce----- 1 oz-----	28	18	130	12	9	5.4	2.5	0.2
48	Provolone----- 1 oz-----	28	41	100	7	8	4.8	2.1	0.2
	Ricotta, made with:								
49	Whole milk----- 1 cup-----	246	72	430	28	32	20.4	8.9	0.9
50	Part skim milk----- 1 cup-----	246	74	340	28	19	12.1	5.7	0.6
51	Swiss----- 1 oz-----	28	37	105	8	8	5.0	2.1	0.3
	Pasteurized process cheese:								
52	American----- 1 oz-----	28	39	105	6	9	5.6	2.5	0.3
53	Swiss----- 1 oz-----	28	42	95	7	7	4.5	2.0	0.2
54	Pasteurized process cheese food, American----- 1 oz-----	28	43	95	6	7	4.4	2.0	0.2
55	Pasteurized process cheese spread, American----- 1 oz-----	28	48	80	5	6	3.8	1.8	0.2
	Cream, sweet:								
56	Half-and-half (cream and milk) 1 cup-----	242	81	315	7	28	17.3	8.0	1.0
57	1 tbsp-----	15	81	20	Tr	2	1.1	0.5	0.1
58	Light, coffee, or table----- 1 cup-----	240	74	470	6	46	28.8	13.4	1.7
59	1 tbsp-----	15	74	30	Tr	3	1.8	0.8	0.1
	Whipping, unwhipped (volume about double when whipped):								
60	Light----- 1 cup-----	239	64	700	5	74	46.2	21.7	2.1
61	1 tbsp-----	15	64	45	Tr	5	2.9	1.4	0.1
62	Heavy----- 1 cup-----	238	58	820	5	88	54.8	25.4	3.3
63	1 tbsp-----	15	58	50	Tr	6	3.5	1.6	0.2
64	Whipped topping, (pressurized) 1 cup-----	60	61	155	2	13	8.3	3.9	0.5
65	1 tbsp-----	3	61	10	Tr	1	0.4	0.2	Tr
66	Cream, sour----- 1 cup-----	230	71	495	7	48	30.0	13.9	1.8
67	1 tbsp-----	12	71	25	Tr	3	1.6	0.7	0.1

Nutrients in Indicated Quantity

Choles- terol	Carbo- hydrate	Calcium	Phos- phorus	Iron	Potas- sium	Sodium	Vitamin A value		Thiamin	Ribo- flavin	Niacin	Ascorbic acid	Item No.
							(IU)	(RE)					
Milli- grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Inter- national units	Retinol equiva- lents	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
21	1	150	110	0.1	73	396	200	65	0.01	0.11	0.3	0	30
27	Tr	147	132	0.1	71	320	350	96	0.01	0.19	0.2	0	31
30	Tr	204	145	0.2	28	176	300	86	0.01	0.11	Tr	0	32
18	Tr	123	87	0.1	17	105	180	52	Tr	0.06	Tr	0	33
119	1	815	579	0.8	111	701	1,200	342	0.03	0.42	0.1	0	34
34	6	135	297	0.3	190	911	370	108	0.05	0.37	0.3	Tr	35
31	6	126	277	0.3	177	850	340	101	0.04	0.34	0.3	Tr	36
25	30	108	236	0.2	151	915	280	81	0.04	0.29	0.2	Tr	37
19	8	155	340	0.4	217	918	160	45	0.05	0.42	0.3	Tr	38
10	3	46	151	0.3	47	19	40	12	0.04	0.21	0.2	0	39
31	1	23	30	0.3	34	84	400	124	Tr	0.06	Tr	0	40
25	1	140	96	0.2	18	316	130	36	0.04	0.24	0.3	0	41
22	1	147	105	0.1	19	106	220	68	Tr	0.07	Tr	0	42
15	1	207	149	0.1	27	150	180	54	0.01	0.10	Tr	0	43
27	Tr	203	133	0.1	38	178	320	90	Tr	0.09	Tr	0	44
79	4	1,376	807	1.0	107	1,861	700	173	0.05	0.39	0.3	0	45
4	Tr	69	40	Tr	5	93	40	9	Tr	0.02	Tr	0	46
22	1	390	229	0.3	30	528	200	49	0.01	0.11	0.1	0	47
20	1	214	141	0.1	39	248	230	75	0.01	0.09	Tr	0	48
124	7	509	389	0.9	257	207	1,210	330	0.03	0.48	0.3	0	49
76	13	669	449	1.1	307	307	1,060	278	0.05	0.46	0.2	0	50
26	1	272	171	Tr	31	74	240	72	0.01	0.10	Tr	0	51
27	Tr	174	211	0.1	46	406	340	82	0.01	0.10	Tr	0	52
24	1	219	216	0.2	61	388	230	65	Tr	0.08	Tr	0	53
18	2	163	130	0.2	79	337	260	62	0.01	0.13	Tr	0	54
16	2	159	202	0.1	69	381	220	54	0.01	0.12	Tr	0	55
89	10	254	230	0.2	314	98	1,050	259	0.08	0.36	0.2	2	56
6	1	16	14	Tr	19	6	70	16	0.01	0.02	Tr	Tr	57
159	9	231	192	0.1	292	95	1,730	437	0.08	0.36	0.1	2	58
10	1	14	12	Tr	18	6	110	27	Tr	0.02	Tr	Tr	59
265	7	166	146	0.1	231	82	2,690	705	0.06	0.30	0.1	1	60
17	Tr	10	9	Tr	15	5	170	44	Tr	0.02	Tr	Tr	61
326	7	154	149	0.1	179	89	3,500	1,002	0.05	0.26	0.1	1	62
21	Tr	10	9	Tr	11	6	220	63	Tr	0.02	Tr	Tr	63
46	7	61	54	Tr	88	78	550	124	0.02	0.04	Tr	0	64
2	Tr	3	3	Tr	4	4	30	6	Tr	Tr	Tr	0	65
102	10	268	195	0.1	331	123	1,820	448	0.08	0.34	0.2	2	66
5	1	14	10	Tr	17	6	90	23	Tr	0.02	Tr	Tr	67

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)			Fatty acids							
				Water	Food energy	Protein	Fat	Saturated	Mono-unsaturated	Poly-unsaturated	
Dairy Products—Con.				Grams	Per cent	Calories	Grams	Grams	Grams	Grams	Grams
Cream products, imitation (made with vegetable fat):											
Sweet:											
Creamers:											
68	Liquid (frozen)-----	1 tbsp-----	15	77	20	Tr	1	1.4	Tr	Tr	
69	Powdered-----	1 tsp-----	2	2	10	Tr	1	0.7	Tr	Tr	
Whipped topping:											
70	Frozen-----	1 cup-----	75	50	240	1	19	16.3	1.2	0.4	
71	Powdered, made with whole milk-----	1 tbsp-----	4	50	15	Tr	1	0.9	0.1	Tr	
72	Pressurized-----	1 cup-----	80	67	150	3	10	8.5	0.7	0.2	
73		1 tbsp-----	4	67	10	Tr	Tr	0.4	Tr	Tr	
74		1 cup-----	70	60	185	1	16	13.2	1.3	0.2	
75		1 tbsp-----	4	60	10	Tr	1	0.8	0.1	Tr	
76	Sour dressing (filled cream type product, nonbutterfat)--	1 cup-----	235	75	415	8	39	31.2	4.6	1.1	
77		1 tbsp-----	12	75	20	Tr	2	1.6	0.2	0.1	
Ice cream. See Milk desserts, frozen (items 106-111).											
Ice milk. See Milk desserts, frozen (items 112-114).											
Milk:											
Fluid:											
78	Whole (3.3% fat)-----	1 cup-----	244	88	150	8	8	5.1	2.4	0.3	
Lowfat (2%):											
79	No milk solids added-----	1 cup-----	244	89	120	8	5	2.9	1.4	0.2	
80	Milk solids added, label claim less than 10 g of protein per cup-----	1 cup-----	245	89	125	9	5	2.9	1.4	0.2	
Lowfat (1%):											
81	No milk solids added-----	1 cup-----	244	90	100	8	3	1.6	0.7	0.1	
82	Milk solids added, label claim less than 10 g of protein per cup-----	1 cup-----	245	90	105	9	2	1.5	0.7	0.1	
Nonfat (skim):											
83	No milk solids added-----	1 cup-----	245	91	85	8	Tr	0.3	0.1	Tr	
84	Milk solids added, label claim less than 10 g of protein per cup-----	1 cup-----	245	90	90	9	1	0.4	0.2	Tr	
85	Buttermilk-----	1 cup-----	245	90	100	8	2	1.3	0.6	0.1	
Canned:											
86	Condensed, sweetened-----	1 cup-----	306	27	980	24	27	16.8	7.4	1.0	
Evaporated:											
87	Whole milk-----	1 cup-----	252	74	340	17	19	11.6	5.9	0.6	
88	Skim milk-----	1 cup-----	255	79	200	19	1	0.3	0.2	Tr	
Dried:											
89	Buttermilk-----	1 cup-----	120	3	465	41	7	4.3	2.0	0.3	
Nonfat, instantized:											
90	Envelope, 3.2 oz, net wt. ⁶	1 envelope-----	91	4	325	32	1	0.4	0.2	Tr	
91	Cup-----	1 cup-----	68	4	245	24	Tr	0.3	0.1	Tr	
Milk beverages:											
Chocolate milk (commercial):											
92	Regular-----	1 cup-----	250	82	210	8	8	5.3	2.5	0.3	
93	Lowfat (2%)-----	1 cup-----	250	84	180	8	5	3.1	1.5	0.2	
94	Lowfat (1%)-----	1 cup-----	250	85	160	8	3	1.5	0.8	0.1	

⁵Vitamin A value is largely from beta-carotene used for coloring.

⁶Yields 1 qt of fluid milk when reconstituted according to package directions.

Nutrients in Indicated Quantity

Cholesterol	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Sodium	Vitamin A value		Thiamin	Riboflavin	Niacin	Ascorbic acid	Item No.
							(IU)	(RE)					
Milli-grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	International units	Retinol equivalents	Milli-grams	Milli-grams	Milli-grams	Milli-grams	
0	2	1	10	Tr	29	12	⁵ 10	⁵ 1	0.00	0.00	0.0	0	68
0	1	Tr	8	Tr	16	4	Tr	Tr	0.00	Tr	0.0	0	69
0	17	5	6	0.1	14	19	⁵ 650	⁵ 65	0.00	0.00	0.0	0	70
0	1	Tr	Tr	Tr	1	1	⁵ 30	⁵ 3	0.00	0.00	0.0	0	71
8	13	72	69	Tr	121	53	⁵ 290	⁵ 39	0.02	0.09	Tr	1	72
Tr	1	4	3	Tr	6	3	⁵ 10	⁵ 2	Tr	Tr	Tr	Tr	73
0	11	4	13	Tr	13	43	⁵ 330	⁵ 33	0.00	0.00	0.0	0	74
0	1	Tr	1	Tr	1	2	⁵ 20	⁵ 2	0.00	0.00	0.0	0	75
13	11	266	205	0.1	380	113	20	5	0.09	0.38	0.2	2	76
1	1	14	10	Tr	19	6	Tr	Tr	Tr	0.02	Tr	Tr	77
33	11	291	228	0.1	370	120	310	76	0.09	0.40	0.2	2	78
18	12	297	232	0.1	377	122	500	139	0.10	0.40	0.2	2	79
18	12	313	245	0.1	397	128	500	140	0.10	0.42	0.2	2	80
10	12	300	235	0.1	381	123	500	144	0.10	0.41	0.2	2	81
10	12	313	245	0.1	397	128	500	145	0.10	0.42	0.2	2	82
4	12	302	247	0.1	406	126	500	149	0.09	0.34	0.2	2	83
5	12	316	255	0.1	418	130	500	149	0.10	0.43	0.2	2	84
9	12	285	219	0.1	371	257	80	20	0.08	0.38	0.1	2	85
104	166	868	775	0.6	1,136	389	1,000	248	0.28	1.27	0.6	8	86
74	25	657	510	0.5	764	267	610	136	0.12	0.80	0.5	5	87
9	29	738	497	0.7	845	293	1,000	298	0.11	0.79	0.4	3	88
83	59	1,421	1,119	0.4	1,910	621	260	65	0.47	1.89	1.1	7	89
17	47	1,120	896	0.3	1,552	499	⁷ 2,160	⁷ 646	0.38	1.59	0.8	5	90
12	35	837	670	0.2	1,160	373	⁷ 1,610	⁷ 483	0.28	1.19	0.6	4	91
31	26	280	251	0.6	417	149	300	73	0.09	0.41	0.3	2	92
17	26	284	254	0.6	422	151	500	143	0.09	0.41	0.3	2	93
7	26	287	256	0.6	425	152	500	148	0.10	0.42	0.3	2	94

⁷With added vitamin A.

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)			Fatty acids						
				Water	Food energy	Protein	Fat	Saturated	Mono-unsaturated	Poly-unsaturated
		Grams	Per-cent	Cal-ories	Grams	Grams	Grams	Grams	Grams	Grams
Dairy Products—Con.										
Milk beverages:										
Cocoa and chocolate-flavored beverages:										
95	Powder containing nonfat dry milk-----	1 oz-----	28	1	100	3	1	0.6	0.3	Tr
96	Prepared (6 oz water plus 1 oz powder)-----	1 serving-----	206	86	100	3	1	0.6	0.3	Tr
97	Powder without nonfat dry milk-----	3/4 oz-----	21	1	75	1	1	0.3	0.2	Tr
98	Prepared (8 oz whole milk plus 3/4 oz powder)-----	1 serving-----	265	81	225	9	9	5.4	2.5	0.3
99	Egg nog (commercial)-----	1 cup-----	254	74	340	10	19	11.3	5.7	0.9
Malted milk:										
Chocolate:										
100	Powder-----	3/4 oz-----	21	2	85	1	1	0.5	0.3	0.1
101	Prepared (8 oz whole milk plus 3/4 oz powder)-----	1 serving-----	265	81	235	9	9	5.5	2.7	0.4
Natural:										
102	Powder-----	3/4 oz-----	21	3	85	3	2	0.9	0.5	0.3
103	Prepared (8 oz whole milk plus 3/4 oz powder)-----	1 serving-----	265	81	235	11	10	6.0	2.9	0.6
Shakes, thick:										
104	Chocolate-----	10-oz container	283	72	335	9	8	4.8	2.2	0.3
105	Vanilla-----	10-oz container	283	74	315	11	9	5.3	2.5	0.3
Milk desserts, frozen:										
Ice cream, vanilla:										
Regular (about 11% fat):										
106	Hardened-----	1/2 gal-----	1,064	61	2,155	38	115	71.3	33.1	4.3
107	1 cup-----	133	61	270	5	14	8.9	4.1	0.5	
108	3 fl oz-----	50	61	100	2	5	3.4	1.6	0.2	
109	Soft serve (frozen custard)	1 cup-----	173	60	375	7	23	13.5	6.7	1.0
110	Rich (about 16% fat), hardened-----	1/2 gal-----	1,188	59	2,805	33	190	118.3	54.9	7.1
111	1 cup-----	148	59	350	4	24	14.7	6.8	0.9	
Ice milk, vanilla:										
112	Hardened (about 4% fat)-----	1/2 gal-----	1,048	69	1,470	41	45	28.1	13.0	1.7
113	1 cup-----	131	69	185	5	6	3.5	1.6	0.2	
114	Soft serve (about 3% fat)-----	1 cup-----	175	70	225	8	5	2.9	1.3	0.2
115	Sherbet (about 2% fat)-----	1/2 gal-----	1,542	66	2,160	17	31	19.0	8.8	1.1
116	1 cup-----	193	66	270	2	4	2.4	1.1	0.1	
Yogurt:										
With added milk solids:										
Made with lowfat milk:										
117	Fruit-flavored ^b -----	8-oz container--	227	74	230	10	2	1.6	0.7	0.1
118	Plain-----	8-oz container--	227	85	145	12	4	2.3	1.0	0.1
119	Made with nonfat milk-----	8-oz container--	227	85	125	13	Tr	0.3	0.1	Tr
Without added milk solids:										
120	Made with whole milk-----	8-oz container--	227	88	140	8	7	4.8	2.0	0.2
Eggs										
Eggs, large (24 oz per dozen):										
Raw:										
121	Whole, without shell-----	1 egg-----	50	75	80	6	6	1.7	2.2	0.7
122	White-----	1 white-----	33	88	15	3	Tr	0.0	0.0	0.0
123	Yolk-----	1 yolk-----	17	49	65	3	6	1.7	2.2	0.7
Cooked:										
124	Fried in butter-----	1 egg-----	46	68	95	6	7	2.7	2.7	0.8
125	Hard-cooked, shell removed---	1 egg-----	50	75	80	6	6	1.7	2.2	0.7
126	Poached-----	1 egg-----	50	74	80	6	6	1.7	2.2	0.7
127	Scrambled (milk added) in butter. Also omelet-----	1 egg-----	64	73	110	7	8	3.2	2.9	0.8

^bCarbohydrate content varies widely because of amount of sugar added and amount and solids content of added flavoring. Consult the label if more precise values for carbohydrate and calories are needed.

Nutrients in Indicated Quantity

Choles- terol	Carbo- hydrate	Calcium	Phos- phorus	Iron	Potas- sium	Sodium	Vitamin A value		Thiamin	Ribo- flavin	Niacin	Ascorbic acid	Item No.
							(IU)	(RE)					
Milli- grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Inter- national units	Retinol equiva- lents	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
1	22	90	88	0.3	223	139	Tr	Tr	0.03	0.17	0.2	Tr	95
1	22	90	88	0.3	223	139	Tr	Tr	0.03	0.17	0.2	Tr	96
0	19	7	26	0.7	136	56	Tr	Tr	Tr	0.03	0.1	Tr	97
33	30	298	254	0.9	508	176	310	76	0.10	0.43	0.3	3	98
149	34	330	278	0.5	420	138	890	203	0.09	0.48	0.3	4	99
1	18	13	37	0.4	130	49	20	5	0.04	0.04	0.4	0	100
34	29	304	265	0.5	500	168	330	80	0.14	0.43	0.7	2	101
4	15	56	79	0.2	159	96	70	17	0.11	0.14	1.1	0	102
37	27	347	307	0.3	529	215	380	93	0.20	0.54	1.3	2	103
30	60	374	357	0.9	634	314	240	59	0.13	0.63	0.4	0	104
33	50	413	326	0.3	517	270	320	79	0.08	0.55	0.4	0	105
476	254	1,406	1,075	1.0	2,052	929	4,340	1,064	0.42	2.63	1.1	6	106
59	32	176	134	0.1	257	116	540	133	0.05	0.33	0.1	1	107
22	12	66	51	Tr	96	44	200	50	0.02	0.12	0.1	Tr	108
153	38	236	199	0.4	338	153	790	199	0.08	0.45	0.2	1	109
703	256	1,213	927	0.8	1,771	868	7,200	1,758	0.36	2.27	0.9	5	110
88	32	151	115	0.1	221	108	900	219	0.04	0.28	0.1	1	111
146	232	1,409	1,035	1.5	2,117	836	1,710	419	0.61	2.78	0.9	6	112
18	29	176	129	0.2	265	105	210	52	0.08	0.35	0.1	1	113
13	38	274	202	0.3	412	163	175	44	0.12	0.54	0.2	1	114
113	469	827	594	2.5	1,585	706	1,480	308	0.26	0.71	1.0	31	115
14	59	103	74	0.3	198	88	190	39	0.03	0.09	0.1	4	116
10	43	345	271	0.2	442	133	100	25	0.08	0.40	0.2	1	117
14	16	415	326	0.2	531	159	150	36	0.10	0.49	0.3	2	118
4	17	452	355	0.2	579	174	20	5	0.11	0.53	0.3	2	119
29	11	274	215	0.1	351	105	280	68	0.07	0.32	0.2	1	120
274	1	28	90	1.0	65	69	260	78	0.04	0.15	Tr	0	121
0	Tr	4	4	Tr	45	50	0	0	Tr	0.09	Tr	0	122
272	Tr	26	86	0.9	15	8	310	94	0.04	0.07	Tr	0	123
278	1	29	91	1.1	66	162	320	94	0.04	0.14	Tr	0	124
274	1	28	90	1.0	65	69	260	78	0.04	0.14	Tr	0	125
273	1	28	90	1.0	65	146	260	78	0.03	0.13	Tr	0	126
282	2	54	109	1.0	97	176	350	102	0.04	0.18	Tr	Tr	127

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)	Grams	Water	Food energy	Protein	Fat	Fatty acids		
							Saturated	Mono-unsaturated	Poly-unsaturated
			Per cent	Cal-ories	Grams	Grams	Grams	Grams	Grams
Fats and Oils									
Butter (4 sticks per lb):									
128	Stick-----	1/2 cup-----	113	16	810	1	92	57.1	26.4
129	Tablespoon (1/8 stick)-----	1 tbsp-----	14	16	100	Tr	11	7.1	3.3
130	Pat (1 in square, 1/3 in high; 90 per lb)-----	1 pat-----	5	16	35	Tr	4	2.5	1.2
131	Fats, cooking (vegetable shortenings)-----								
		1 cup-----	205	0	1,810	0	205	51.3	91.2
132		1 tbsp-----	13	0	115	0	13	3.3	5.8
133	Lard-----	1 cup-----	205	0	1,850	0	205	80.4	92.5
134		1 tbsp-----	13	0	115	0	13	5.1	5.9
Margarine:									
135	Imitation (about 40% fat), soft	8-oz container--	227	58	785	1	88	17.5	35.6
136		1 tbsp-----	14	58	50	Tr	5	1.1	2.2
Regular (about 80% fat):									
Hard (4 sticks per lb):									
137	Stick-----	1/2 cup-----	113	16	810	1	91	17.9	40.5
138	Tablespoon (1/8 stick)-----	1 tbsp-----	14	16	100	Tr	11	2.2	5.0
139	Pat (1 in square, 1/3 in high; 90 per lb)-----	1 pat-----	5	16	35	Tr	4	0.8	1.8
140	Soft-----	8-oz container--	227	16	1,625	2	183	31.3	64.7
141		1 tbsp-----	14	16	100	Tr	11	1.9	4.0
Spread (about 60% fat):									
Hard (4 sticks per lb):									
142	Stick-----	1/2 cup-----	113	37	610	1	69	15.9	29.4
143	Tablespoon (1/8 stick)-----	1 tbsp-----	14	37	75	Tr	9	2.0	3.6
144	Pat (1 in square, 1/3 in high; 90 per lb)-----	1 pat-----	5	37	25	Tr	3	0.7	1.3
145	Soft-----	8-oz container--	227	37	1,225	1	138	29.1	71.5
146		1 tbsp-----	14	37	75	Tr	9	1.8	4.4
Oils, salad or cooking:									
147	Corn-----	1 cup-----	218	0	1,925	0	218	27.7	52.8
148		1 tbsp-----	14	0	125	0	14	1.8	3.4
149	Olive-----	1 cup-----	216	0	1,910	0	216	29.2	159.2
150		1 tbsp-----	14	0	125	0	14	1.9	10.3
151	Peanut-----	1 cup-----	216	0	1,910	0	216	36.5	99.8
152		1 tbsp-----	14	0	125	0	14	2.4	6.5
153	Safflower-----	1 cup-----	218	0	1,925	0	218	19.8	26.4
154		1 tbsp-----	14	0	125	0	14	1.3	1.7
155	Soybean oil, hydrogenated (partially hardened)-----	1 cup-----	218	0	1,925	0	218	32.5	93.7
156		1 tbsp-----	14	0	125	0	14	2.1	6.0
157	Soybean-cottonseed oil blend, hydrogenated-----	1 cup-----	218	0	1,925	0	218	39.2	64.3
158		1 tbsp-----	14	0	125	0	14	2.5	4.1
159	Sunflower-----	1 cup-----	218	0	1,925	0	218	22.5	42.5
160		1 tbsp-----	14	0	125	0	14	1.4	2.7
Salad dressings:									
Commercial:									
161	Blue cheese-----	1 tbsp-----	15	32	75	1	8	1.5	1.8
French:									
162	Regular-----	1 tbsp-----	16	35	85	Tr	9	1.4	4.0
163	Low calorie-----	1 tbsp-----	16	75	25	Tr	2	0.2	0.3
Italian:									
164	Regular-----	1 tbsp-----	15	34	80	Tr	9	1.3	3.7
165	Low calorie-----	1 tbsp-----	15	86	5	Tr	Tr	Tr	Tr
Mayonnaise:									
166	Regular-----	1 tbsp-----	14	15	100	Tr	11	1.7	3.2
167	Imitation-----	1 tbsp-----	15	63	35	Tr	3	0.5	0.7
168	Mayonnaise type-----	1 tbsp-----	15	40	60	Tr	5	0.7	1.4
169	Tartar sauce-----	1 tbsp-----	14	34	75	Tr	8	1.2	2.6
Thousand island:									
170	Regular-----	1 tbsp-----	16	46	60	Tr	6	1.0	1.3
171	Low calorie-----	1 tbsp-----	15	69	25	Tr	2	0.2	0.4

⁹For salted butter; unsalted butter contains 12 mg sodium per stick, 2 mg per tbsp, or 1 mg per pat.

¹⁰Values for vitamin A are year-round average.

Nutrients in Indicated Quantity													
Choles- terol	Carbo- hydrate	Calcium	Phos- phorus	Iron	Potas- sium	Sodium	Vitamin A value		Thiamin	Ribo- flavin	Niacin	Ascorbic acid	Item No.
							(IU)	(RE)					
Milli- grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Inter- national units	Retinol equiva- lents	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
247	Tr	27	26	0.2	29	⁹ 933	¹⁰ 3,460	¹⁰ 852	0.01	0.04	Tr	0	128
31	Tr	3	3	Tr	4	⁹ 116	¹⁰ 430	¹⁰ 106	Tr	Tr	Tr	0	129
11	Tr	1	1	Tr	1	⁹ 41	¹⁰ 150	¹⁰ 38	Tr	Tr	Tr	0	130
0	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0	131
0	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0	132
195	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0	133
12	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0	134
0	1	40	31	0.0	57	¹¹ 2,178	¹² 7,510	¹² 2,254	0.01	0.05	Tr	Tr	135
0	Tr	2	2	0.0	4	¹¹ 134	¹² 460	¹² 139	Tr	Tr	Tr	Tr	136
0	1	34	26	0.1	48	¹¹ 1,066	¹² 3,740	¹² 1,122	0.01	0.04	Tr	Tr	137
0	Tr	4	3	Tr	6	¹¹ 132	¹² 460	¹² 139	Tr	0.01	Tr	Tr	138
0	Tr	1	1	Tr	2	¹¹ 47	¹² 170	¹² 50	Tr	Tr	Tr	Tr	139
0	1	60	46	0.0	86	¹¹ 2,449	¹² 7,510	¹² 2,254	0.02	0.07	Tr	Tr	140
0	Tr	4	3	0.0	5	¹¹ 151	¹² 460	¹² 139	Tr	Tr	Tr	Tr	141
0	0	24	18	0.0	34	¹¹ 1,123	¹² 3,740	¹² 1,122	0.01	0.03	Tr	Tr	142
0	0	3	2	0.0	4	¹¹ 139	¹² 460	¹² 139	Tr	Tr	Tr	Tr	143
0	0	1	1	0.0	1	¹¹ 50	¹² 170	¹² 50	Tr	Tr	Tr	Tr	144
0	0	47	37	0.0	68	¹¹ 2,256	¹² 7,510	¹² 2,254	0.02	0.06	Tr	Tr	145
0	0	3	2	0.0	4	¹¹ 139	¹² 460	¹² 139	Tr	Tr	Tr	Tr	146
0	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0	147
0	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0	148
0	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0	149
0	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0	150
0	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0	151
0	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0	152
0	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0	153
0	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0	154
0	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0	155
0	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0	156
0	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0	157
0	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0	158
0	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0	159
0	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0	160
3	1	12	11	Tr	6	164	30	10	Tr	0.02	Tr	Tr	161
0	1	2	1	Tr	2	188	Tr	Tr	Tr	Tr	Tr	Tr	162
0	2	6	5	Tr	3	306	Tr	Tr	Tr	Tr	Tr	Tr	163
0	1	1	1	Tr	5	162	30	3	Tr	Tr	Tr	Tr	164
0	2	1	1	Tr	4	136	Tr	Tr	Tr	Tr	Tr	Tr	165
8	Tr	3	4	0.1	5	80	40	12	0.00	0.00	Tr	0	166
4	2	Tr	Tr	0.0	2	75	0	0	0.00	0.00	0.0	0	167
4	4	2	4	Tr	1	107	30	13	Tr	Tr	Tr	0	168
4	1	3	4	0.1	11	182	30	9	Tr	Tr	0.0	Tr	169
4	2	2	3	0.1	18	112	50	15	Tr	Tr	Tr	0	170
2	2	2	3	0.1	17	150	50	14	Tr	Tr	Tr	0	171

¹¹For salted margarine.

¹²Based on average vitamin A content of fortified margarine. Federal specifications for fortified margarine require a minimum of 15,000 IU per pound.

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)	Grams	Water	Food energy	Protein	Fat	Fatty acids			
							Saturated	Mono-unsaturated	Poly-unsaturated	
Fats and Oils—Con.		Grams	Per-cent	Cal-ories	Grams	Grams	Grams	Grams	Grams	
Salad dressings:										
Prepared from home recipe:										
172	Cooked type ¹³ -----	1 tbsp-----	16	69	25	1	2	0.5	0.6	0.3
173	Vinegar and oil-----	1 tbsp-----	16	47	70	0	8	1.5	2.4	3.9
Fish and Shellfish										
Clams:										
174	Raw, meat only-----	3 oz-----	85	82	65	11	1	0.3	0.3	0.3
175	Canned, drained solids-----	3 oz-----	85	77	85	13	2	0.5	0.5	0.4
176	Crabmeat, canned-----	1 cup-----	135	77	135	23	3	0.5	0.8	1.4
177	Fish sticks, frozen, reheated, (stick, 4 by 1 by 1/2 in)-----	1 fish stick----	28	52	70	6	3	0.8	1.4	0.8
Flounder or Sole, baked, with lemon juice:										
178	With butter-----	3 oz-----	85	73	120	16	6	3.2	1.5	0.5
179	With margarine-----	3 oz-----	85	73	120	16	6	1.2	2.3	1.9
180	Without added fat-----	3 oz-----	85	78	80	17	1	0.3	0.2	0.4
181	Haddock, breaded, fried ¹⁴ -----	3 oz-----	85	61	175	17	9	2.4	3.9	2.4
182	Halibut, broiled, with butter and lemon juice-----	3 oz-----	85	67	140	20	6	3.3	1.6	0.7
183	Herring, pickled-----	3 oz-----	85	59	190	17	13	4.3	4.6	3.1
184	Ocean perch, breaded, fried ¹⁴ -----	1 fillet-----	85	59	185	16	11	2.6	4.6	2.8
Oysters:										
185	Raw, meat only (13-19 medium Selects)-----	1 cup-----	240	85	160	20	4	1.4	0.5	1.4
186	Breaded, fried ¹⁴ -----	1 oyster-----	45	65	90	5	5	1.4	2.1	1.4
Salmon:										
187	Canned (pink), solids and liquid-----	3 oz-----	85	71	120	17	5	0.9	1.5	2.1
188	Baked (red)-----	3 oz-----	85	67	140	21	5	1.2	2.4	1.4
189	Smoked-----	3 oz-----	85	59	150	18	8	2.6	3.9	0.7
190	Sardines, Atlantic, canned in oil, drained solids-----	3 oz-----	85	62	175	20	9	2.1	3.7	2.9
191	Scallops, breaded, frozen, reheated-----	6 scallops-----	90	59	195	15	10	2.5	4.1	2.5
Shrimp:										
192	Canned, drained solids-----	3 oz-----	85	70	100	21	1	0.2	0.2	0.4
193	French fried (7 medium) ¹⁶ -----	3 oz-----	85	55	200	16	10	2.5	4.1	2.6
194	Trout, broiled, with butter and lemon juice-----	3 oz-----	85	63	175	21	9	4.1	2.9	1.6
Tuna, canned, drained solids:										
195	Oil pack, chunk light-----	3 oz-----	85	61	165	24	7	1.4	1.9	3.1
196	Water pack, solid white-----	3 oz-----	85	63	135	30	1	0.3	0.2	0.3
197	Tuna salad ¹⁷ -----	1 cup-----	205	63	375	33	19	3.3	4.9	9.2
Fruits and Fruit Juices										
Apples:										
Raw:										
Unpeeled, without cores:										
198	2-3/4-in diam. (about 3 per lb with cores)-----	1 apple-----	138	84	80	Tr	Tr	0.1	Tr	0.1
199	3-1/4-in diam. (about 2 per lb with cores)-----	1 apple-----	212	84	125	Tr	1	0.1	Tr	0.2
200	Peeled, sliced-----	1 cup-----	110	84	65	Tr	Tr	0.1	Tr	0.1
201	Dried, sulfured-----	10 rings-----	64	32	155	1	Tr	Tr	Tr	0.1
202	Apple juice, bottled or canned ¹⁹ -----	1 cup-----	248	88	115	Tr	Tr	Tr	Tr	0.1
Applesauce, canned:										
203	Sweetened-----	1 cup-----	255	80	195	Tr	Tr	0.1	Tr	0.1
204	Unsweetened-----	1 cup-----	244	88	105	Tr	Tr	Tr	Tr	Tr

¹³Fatty acid values apply to product made with regular margarine.¹⁴Dipped in egg, milk, and breadcrumbs; fried in vegetable shortening.¹⁵If bones are discarded, value for calcium will be greatly reduced.¹⁶Dipped in egg, breadcrumbs, and flour; fried in vegetable shortening.

Nutrients in Indicated Quantity													
Cholesterol	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Sodium	Vitamin A value		Thiamin	Riboflavin	Niacin	Ascorbic acid	Item No.
							(IU)	(RE)					
Milligrams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	International units	Retinol equivalents	Milligrams	Milligrams	Milligrams	Milligrams	
9	2	13	14	0.1	19	117	70	20	0.01	0.02	Tr	Tr	172
0	Tr	0	0	0.0	1	Tr	0	0	0.00	0.00	0.0	0	173
43	2	59	138	2.6	154	102	90	26	0.09	0.15	1.1	9	174
54	2	47	116	3.5	119	102	90	26	0.01	0.09	0.9	3	175
135	1	61	246	1.1	149	1,350	50	14	0.11	0.11	2.6	0	176
26	4	11	58	0.3	94	53	20	5	0.03	0.05	0.6	0	177
68	Tr	13	187	0.3	272	145	210	54	0.05	0.08	1.6	1	178
55	Tr	14	187	0.3	273	151	230	69	0.05	0.08	1.6	1	179
59	Tr	13	197	0.3	286	101	30	10	0.05	0.08	1.7	1	180
75	7	34	183	1.0	270	123	70	20	0.06	0.10	2.9	0	181
62	Tr	14	206	0.7	441	103	610	174	0.06	0.07	7.7	1	182
85	0	29	128	0.9	85	850	110	33	0.04	0.18	2.8	0	183
66	7	31	191	1.2	241	138	70	20	0.10	0.11	2.0	0	184
120	8	226	343	15.6	290	175	740	223	0.34	0.43	6.0	24	185
35	5	49	73	3.0	64	70	150	44	0.07	0.10	1.3	4	186
34	0	¹⁵ 167	243	0.7	307	443	60	18	0.03	0.15	6.8	0	187
60	0	26	269	0.5	305	55	290	87	0.18	0.14	5.5	0	188
51	0	12	208	0.8	327	1,700	260	77	0.17	0.17	6.8	0	189
85	0	¹⁵ 371	424	2.6	349	425	190	56	0.03	0.17	4.6	0	190
70	10	39	203	2.0	369	298	70	21	0.11	0.11	1.6	0	191
128	1	98	224	1.4	104	1,955	50	15	0.01	0.03	1.5	0	192
168	11	61	154	2.0	189	384	90	26	0.06	0.09	2.8	0	193
71	Tr	26	259	1.0	297	122	230	60	0.07	0.07	2.3	1	194
55	0	7	199	1.6	298	303	70	20	0.04	0.09	10.1	0	195
48	0	17	202	0.6	255	468	110	32	0.03	0.10	13.4	0	196
80	19	31	281	2.5	531	877	230	53	0.06	0.14	13.3	6	197
0	21	10	10	0.2	159	Tr	70	7	0.02	0.02	0.1	8	198
0	32	15	15	0.4	244	Tr	110	11	0.04	0.03	0.2	12	199
0	16	4	8	0.1	124	Tr	50	5	0.02	0.01	0.1	4	200
0	42	9	24	0.9	288	¹⁸ 56	0	0	0.00	0.10	0.6	2	201
0	29	17	17	0.9	295	7	Tr	Tr	0.05	0.04	0.2	²⁰ 2	202
0	51	10	18	0.9	156	8	30	3	0.03	0.07	0.5	²⁰ 4	203
0	28	7	17	0.3	183	5	70	7	0.03	0.06	0.5	²⁰ 3	204

¹⁷ Made with drained chunk light tuna, celery, onion, pickle relish, and mayonnaise-type salad dressing.

¹⁸ Sodium bisulfite used to preserve color; unsulfited product would contain less sodium.

¹⁹ Also applies to pasteurized apple cider.

²⁰ Without added ascorbic acid. For value with added ascorbic acid, refer to label.

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)		Water	Food energy	Protein	Fat	Fatty acids		
							Saturated	Mono-unsaturated	Poly-unsaturated
		Grams	Per cent	Cal-ories	Grams	Grams	Grams	Grams	Grams
Fruits and Fruit Juices—Con.									
Apricots:									
205	Raw, without pits (about 12 per lb with pits)-----	3 apricots-----	106	86	50	1	Tr	Tr	0.2
	Canned (fruit and liquid):								
206	Heavy syrup pack-----	1 cup-----	258	78	215	1	Tr	Tr	0.1
207		3 halves-----	85	78	70	Tr	Tr	Tr	Tr
208	Juice pack-----	1 cup-----	248	87	120	2	Tr	Tr	Tr
209		3 halves-----	84	87	40	1	Tr	Tr	Tr
Dried:									
210	Uncooked (28 large or 37 medium halves per cup)-----	1 cup-----	130	31	310	5	1	Tr	0.3
211	Cooked, unsweetened, fruit and liquid-----	1 cup-----	250	76	210	3	Tr	Tr	0.2
212	Apricot nectar, canned-----	1 cup-----	251	85	140	1	Tr	Tr	0.1
Avocados, raw, whole, without skin and seed:									
213	California (about 2 per lb with skin and seed)-----	1 avocado-----	173	73	305	4	30	4.5	19.4
214	Florida (about 1 per lb with skin and seed)-----	1 avocado-----	304	80	340	5	27	5.3	14.8
Bananas, raw, without peel:									
215	Whole (about 2-1/2 per lb with peel)-----	1 banana-----	114	74	105	1	1	0.2	Tr
216	Sliced-----	1 cup-----	150	74	140	2	1	0.3	0.1
217	Blackberries, raw-----	1 cup-----	144	86	75	1	1	0.2	0.1
Blueberries:									
218	Raw-----	1 cup-----	145	85	80	1	1	Tr	0.1
219	Frozen, sweetened-----	10-oz container	284	77	230	1	Tr	Tr	0.1
220		1 cup-----	230	77	185	1	Tr	Tr	0.1
Cantaloup. See Melons (item 251).									
Cherries:									
221	Sour, red, pitted, canned, water pack-----	1 cup-----	244	90	90	2	Tr	0.1	0.1
222	Sweet, raw, without pits and stems-----	10 cherries-----	68	81	50	1	1	0.1	0.2
223	Cranberry juice cocktail, bottled, sweetened-----	1 cup-----	253	85	145	Tr	Tr	Tr	0.1
224	Cranberry sauce, sweetened, canned, strained-----	1 cup-----	277	61	420	1	Tr	Tr	0.1
Dates:									
225	Whole, without pits-----	10 dates-----	83	23	230	2	Tr	0.1	0.1
226	Chopped-----	1 cup-----	178	23	490	4	1	0.3	0.2
227	Figs, dried-----	10 figs-----	187	28	475	6	2	0.4	0.5
Fruit cocktail, canned, fruit and liquid:									
228	Heavy syrup pack-----	1 cup-----	255	80	185	1	Tr	Tr	Tr
229	Juice pack-----	1 cup-----	248	87	115	1	Tr	Tr	Tr
Grapefruit:									
230	Raw, without peel, membrane and seeds (3-3/4-in diam., 1 lb 1 oz, whole, with refuse)----	1/2 grapefruit--	120	91	40	1	Tr	Tr	Tr
231	Canned, sections with syrup----	1 cup-----	254	84	150	1	Tr	Tr	Tr
Grapefruit juice:									
232	Raw-----	1 cup-----	247	90	95	1	Tr	Tr	Tr
Canned:									
233	Unsweetened-----	1 cup-----	247	90	95	1	Tr	Tr	Tr
234	Sweetened-----	1 cup-----	250	87	115	1	Tr	Tr	Tr
Frozen concentrate, unsweetened									
235	Undiluted-----	6-fl-oz can----	207	62	300	4	1	0.1	0.1
236	Diluted with 3 parts water by volume-----	1 cup-----	247	89	100	1	Tr	Tr	Tr

²⁰ Without added ascorbic acid. For value with added ascorbic acid, refer to label.²¹ With added ascorbic acid.

Nutrients in Indicated Quantity													
Cholesterol	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Sodium	Vitamin A value		Thiamin	Riboflavin	Niacin	Ascorbic acid	Item No.
							(IU)	(RE)					
Milli-grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	International units	Retinol equivalents	Milli-grams	Milli-grams	Milli-grams	Milli-grams	
0	12	15	20	0.6	314	1	2,770	277	0.03	0.04	0.6	11	205
0	55	23	31	0.8	361	10	3,170	317	0.05	0.06	1.0	8	206
0	18	8	10	0.3	119	3	1,050	105	0.02	0.02	0.3	3	207
0	31	30	50	0.7	409	10	4,190	419	0.04	0.05	0.9	12	208
0	10	10	17	0.3	139	3	1,420	142	0.02	0.02	0.3	4	209
0	80	59	152	6.1	1,791	13	9,410	941	0.01	0.20	3.9	3	210
0	55	40	103	4.2	1,222	8	5,910	591	0.02	0.08	2.4	4	211
0	36	18	23	1.0	286	8	3,300	330	0.02	0.04	0.7	202	212
0	12	19	73	2.0	1,097	21	1,060	106	0.19	0.21	3.3	14	213
0	27	33	119	1.6	1,484	15	1,860	186	0.33	0.37	5.8	24	214
0	27	7	23	0.4	451	1	90	9	0.05	0.11	0.6	10	215
0	35	9	30	0.5	594	2	120	12	0.07	0.15	0.8	14	216
0	18	46	30	0.8	282	Tr	240	24	0.04	0.06	0.6	30	217
0	20	9	15	0.2	129	9	150	15	0.07	0.07	0.5	19	218
0	62	17	20	1.1	170	3	120	12	0.06	0.15	0.7	3	219
0	50	14	16	0.9	138	2	100	10	0.05	0.12	0.6	2	220
0	22	27	24	3.3	239	17	1,840	184	0.04	0.10	0.4	5	221
0	11	10	13	0.3	152	Tr	150	15	0.03	0.04	0.3	5	222
0	38	8	3	0.4	61	10	10	1	0.01	0.04	0.1	2108	223
0	108	11	17	0.6	72	80	60	6	0.04	0.06	0.3	6	224
0	61	27	33	1.0	541	2	40	4	0.07	0.08	1.8	0	225
0	131	57	71	2.0	1,161	5	90	9	0.16	0.18	3.9	0	226
0	122	269	127	4.2	1,331	21	250	25	0.13	0.16	1.3	1	227
0	48	15	28	0.7	224	15	520	52	0.05	0.05	1.0	5	228
0	29	20	35	0.5	236	10	760	76	0.03	0.04	1.0	7	229
0	10	14	10	0.1	167	Tr	2210	221	0.04	0.02	0.3	41	230
0	39	36	25	1.0	328	5	Tr	Tr	0.10	0.05	0.6	54	231
0	23	22	37	0.5	400	2	20	2	0.10	0.05	0.5	94	232
0	22	17	27	0.5	378	2	20	2	0.10	0.05	0.6	72	233
0	28	20	28	0.9	405	5	20	2	0.10	0.06	0.8	67	234
0	72	56	101	1.0	1,002	6	60	6	0.30	0.16	1.6	248	235
0	24	20	35	0.3	336	2	20	2	0.10	0.05	0.5	83	236

²²For white grapefruit; pink grapefruit have about 310 IU or 31 RE.

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)		Fatty acids							
			Water	Food energy	Protein	Fat	Saturated	Mono-unsaturated	Poly-unsaturated	
Fruits and Fruit Juices—Con.			Grams	Per cent	Cal-ories	Grams	Grams	Grams	Grams	Grams
	Grapes, European type (adherent skin), raw:									
237	Thompson Seedless-----	10 grapes-----	50	81	35	Tr	Tr	0.1	Tr	0.1
238	Tokay and Emperor, seeded types	10 grapes-----	57	81	40	Tr	Tr	0.1	Tr	0.1
	Grape juice:									
239	Canned or bottled-----	1 cup-----	253	84	155	1	Tr	0.1	Tr	0.1
	Frozen concentrate, sweetened:									
240	Undiluted-----	6-fl-oz can-----	216	54	385	1	1	0.2	Tr	0.2
241	Diluted with 3 parts water by volume-----	1 cup-----	250	87	125	Tr	Tr	0.1	Tr	0.1
242	Kiwifruit, raw, without skin (about 5 per lb with skin)-----	1 kiwifruit-----	76	83	45	1	Tr	Tr	0.1	0.1
243	Lemons, raw, without peel and seeds (about 4 per lb with peel and seeds)-----	1 lemon-----	58	89	15	1	Tr	Tr	Tr	0.1
	Lemon juice:									
244	Raw-----	1 cup-----	244	91	60	1	Tr	Tr	Tr	Tr
245	Canned or bottled, unsweetened	1 cup-----	244	92	50	1	1	0.1	Tr	0.2
246		1 tbs-----	15	92	5	Tr	Tr	Tr	Tr	Tr
247	Frozen, single-strength, unsweetened-----	6-fl-oz can-----	244	92	55	1	1	0.1	Tr	0.2
	Lime juice:									
248	Raw-----	1 cup-----	246	90	65	1	Tr	Tr	Tr	0.1
249	Canned, unsweetened-----	1 cup-----	246	93	50	1	1	0.1	0.1	0.2
250	Mangos, raw, without skin and seed (about 1-1/2 per lb with skin and seed)-----	1 mango-----	207	82	135	1	1	0.1	0.2	0.1
	Melons, raw, without rind and cavity contents:									
251	Cantaloup, orange-fleshed (5-in diam., 2-1/3 lb, whole, with rind and cavity contents)-----	1/2 melon-----	267	90	95	2	1	0.1	0.1	0.3
252	Honeydew (6-1/2-in diam., 5-1/4 lb, whole, with rind and cavity contents)-----	1/10 melon-----	129	90	45	1	Tr	Tr	Tr	0.1
253	Nectarines, raw, without pits (about 3 per lb with pits)-----	1 nectarine-----	136	86	65	1	1	0.1	0.2	0.3
	Oranges, raw:									
254	Whole, without peel and seeds (2-5/8-in diam., about 2-1/2 per lb, with peel and seeds)	1 orange-----	131	87	60	1	Tr	Tr	Tr	Tr
255	Sections without membranes-----	1 cup-----	180	87	85	2	Tr	Tr	Tr	Tr
	Orange juice:									
256	Raw, all varieties-----	1 cup-----	248	88	110	2	Tr	0.1	0.1	0.1
257	Canned, unsweetened-----	1 cup-----	249	89	105	1	Tr	Tr	0.1	0.1
258	Chilled-----	1 cup-----	249	88	110	2	1	0.1	0.1	0.2
	Frozen concentrate:									
259	Undiluted-----	6-fl-oz can-----	213	58	340	5	Tr	0.1	0.1	0.1
260	Diluted with 3 parts water by volume-----	1 cup-----	249	88	110	2	Tr	Tr	Tr	Tr
261	Orange and grapefruit juice, canned-----	1 cup-----	247	89	105	1	Tr	Tr	Tr	Tr
262	Papayas, raw, 1/2-in cubes-----	1 cup-----	140	86	65	1	Tr	0.1	0.1	Tr
	Peaches:									
	Raw:									
263	Whole, 2-1/2-in diam., peeled, pitted (about 4 per lb with peels and pits)-----	1 peach-----	87	88	35	1	Tr	Tr	Tr	Tr
264	Sliced-----	1 cup-----	170	88	75	1	Tr	Tr	0.1	0.1
	Canned, fruit and liquid:									
265	Heavy syrup pack-----	1 cup-----	256	79	190	1	Tr	Tr	0.1	0.1
266		1 half-----	81	79	60	Tr	Tr	Tr	Tr	Tr
267	Juice pack-----	1 cup-----	248	87	110	2	Tr	Tr	Tr	Tr
268		1 half-----	77	87	35	Tr	Tr	Tr	Tr	Tr

²⁰Without added ascorbic acid. For value with added ascorbic acid, refer to label.²¹With added ascorbic acid.

Nutrients in Indicated Quantity													
Choles- terol	Carbo- hydrate	Calcium	Phos- phorus	Iron	Potas- sium	Sodium	Vitamin A value		Thiamin	Ribo- flavin	Niacin	Ascorbic acid	Item No.
Milli- grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	(IU)	(RE)	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
0	9	6	7	0.1	93	1	40	4	0.05	0.03	0.2	5	237
0	10	6	7	0.1	105	1	40	4	0.05	0.03	0.2	6	238
0	38	23	28	0.6	334	8	20	2	0.07	0.09	0.7	²⁰ Tr	239
0	96	28	32	0.8	160	15	60	6	0.11	0.20	0.9	²¹ 179	240
0	32	10	10	0.3	53	5	20	2	0.04	0.07	0.3	²¹ 60	241
0	11	20	30	0.3	252	4	130	13	0.02	0.04	0.4	74	242
0	5	15	9	0.3	80	1	20	2	0.02	0.01	0.1	31	243
0	21	17	15	0.1	303	2	50	5	0.07	0.02	0.2	112	244
0	16	27	22	0.3	249	²³ 51	40	4	0.10	0.02	0.5	61	245
0	1	2	1	Tr	15	²³ 3	Tr	Tr	0.01	Tr	Tr	4	246
0	16	20	20	0.3	217	2	30	3	0.14	0.03	0.3	77	247
0	22	22	17	0.1	268	2	20	2	0.05	0.02	0.2	72	248
0	16	30	25	0.6	185	²³ 39	40	4	0.08	0.01	0.4	16	249
0	35	21	23	0.3	323	4	8,060	806	0.12	0.12	1.2	57	250
0	22	29	45	0.6	825	24	8,610	861	0.10	0.06	1.5	113	251
0	12	8	13	0.1	350	13	50	5	0.10	0.02	0.8	32	252
0	16	7	22	0.2	288	Tr	1,000	100	0.02	0.06	1.3	7	253
0	15	52	18	0.1	237	Tr	270	27	0.11	0.05	0.4	70	254
0	21	72	25	0.2	326	Tr	370	37	0.16	0.07	0.5	96	255
0	26	27	42	0.5	496	2	500	50	0.22	0.07	1.0	124	256
0	25	20	35	1.1	436	5	440	44	0.15	0.07	0.8	86	257
0	25	25	27	0.4	473	2	190	19	0.28	0.05	0.7	82	258
0	81	68	121	0.7	1,436	6	590	59	0.60	0.14	1.5	294	259
0	27	22	40	0.2	473	2	190	19	0.20	0.04	0.5	97	260
0	25	20	35	1.1	390	7	290	29	0.14	0.07	0.8	72	261
0	17	35	12	0.3	247	9	400	40	0.04	0.04	0.5	92	262
0	10	4	10	0.1	171	Tr	470	47	0.01	0.04	0.9	6	263
0	19	9	20	0.2	335	Tr	910	91	0.03	0.07	1.7	11	264
0	51	8	28	0.7	236	15	850	85	0.03	0.06	1.6	7	265
0	16	2	9	0.2	75	5	270	27	0.01	0.02	0.5	2	266
0	29	15	42	0.7	317	10	940	94	0.02	0.04	1.4	9	267
0	9	5	13	0.2	99	3	290	29	0.01	0.01	0.4	3	268

²³Sodium benzoate and sodium bisulfite added as preservatives.

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)									
		Grams	Per-cent	Cal-ories	Pro-tein	Fat	Fatty acids			Grams
							Satu-rated	Mono-unsatu-rated	Poly-unsatu-rated	
							Grams	Grams	Grams	
Fruits and Fruit Juices—Con.										
Peaches:										
Dried:										
269	Uncooked-----	1 cup-----	160	32	380	6	1	0.1	0.4	0.6
270	Cooked, unsweetened, fruit and liquid-----	1 cup-----	258	78	200	3	1	0.1	0.2	0.3
271	Frozen, sliced, sweetened-----	10-oz container	284	75	265	2	Tr	Tr	0.1	0.2
272		1 cup-----	250	75	235	2	Tr	Tr	0.1	0.2
Pears:										
Raw, with skin, cored:										
273	Bartlett, 2-1/2-in diam. (about 2-1/2 per lb with cores and stems)-----	1 pear-----	166	84	100	1	1	Tr	0.1	0.2
274	Bosc, 2-1/2-in diam. (about 3 per lb with cores and stems)-----	1 pear-----	141	84	85	1	1	Tr	0.1	0.1
275	D'Anjou, 3-in diam. (about 2 per lb with cores and stems)-----	1 pear-----	200	84	120	1	1	Tr	0.2	0.2
Canned, fruit and liquid:										
276	Heavy syrup pack-----	1 cup-----	255	80	190	1	Tr	Tr	0.1	0.1
277		1 half-----	79	80	60	Tr	Tr	Tr	Tr	Tr
278	Juice pack-----	1 cup-----	248	86	125	1	Tr	Tr	Tr	Tr
279		1 half-----	77	86	40	Tr	Tr	Tr	Tr	Tr
Pineapple:										
280	Raw, diced-----	1 cup-----	155	87	75	1	1	Tr	0.1	0.2
Canned, fruit and liquid:										
Heavy syrup pack:										
281	Crushed, chunks, tidbits---	1 cup-----	255	79	200	1	Tr	Tr	Tr	0.1
282	Slices-----	1 slice-----	58	79	45	Tr	Tr	Tr	Tr	Tr
Juice pack:										
283	Chunks or tidbits-----	1 cup-----	250	84	150	1	Tr	Tr	Tr	0.1
284	Slices-----	1 slice-----	58	84	35	Tr	Tr	Tr	Tr	Tr
285	Pineapple juice, unsweetened, canned-----	1 cup-----	250	86	140	1	Tr	Tr	Tr	0.1
Plantains, without peel:										
286	Raw-----	1 plantain-----	179	65	220	2	1	0.3	0.1	0.1
287	Cooked, boiled, sliced-----	1 cup-----	154	67	180	1	Tr	0.1	Tr	0.1
Plums, without pits:										
Raw:										
288	2-1/8-in diam. (about 6-1/2 per lb with pits)-----	1 plum-----	66	85	35	1	Tr	Tr	0.3	0.1
289	1-1/2-in diam. (about 15 per lb with pits)-----	1 plum-----	28	85	15	Tr	Tr	Tr	0.1	Tr
Canned, purple, fruit and liquid:										
290	Heavy syrup pack-----	1 cup-----	258	76	230	1	Tr	Tr	0.2	0.1
291		3 plums-----	133	76	120	Tr	Tr	Tr	0.1	Tr
292	Juice pack-----	1 cup-----	252	84	145	1	Tr	Tr	Tr	Tr
293		3 plums-----	95	84	55	Tr	Tr	Tr	Tr	Tr
Prunes, dried:										
294	Uncooked-----	4 extra large or 5 large prunes	49	32	115	1	Tr	Tr	0.2	0.1
295	Cooked, unsweetened, fruit and liquid-----	1 cup-----	212	70	225	2	Tr	Tr	0.3	0.1
296	Prune juice, canned or bottled---	1 cup-----	256	81	180	2	Tr	Tr	0.1	Tr
Raisins, seedless:										
297	Cup, not pressed down-----	1 cup-----	145	15	435	5	1	0.2	Tr	0.2
298	Packet, 1/2 oz (1-1/2 tbsp)---	1 packet-----	14	15	40	Tr	Tr	Tr	Tr	Tr
Raspberries:										
299	Raw-----	1 cup-----	123	87	60	1	1	Tr	0.1	0.4
300	Frozen, sweetened-----	10-oz container	284	73	295	2	Tr	Tr	Tr	0.3
301		1 cup-----	250	73	255	2	Tr	Tr	Tr	0.2

²¹ With added ascorbic acid.

Nutrients in Indicated Quantity													
Cholesterol	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Sodium	Vitamin A value		Thiamin	Riboflavin	Niacin	Ascorbic acid	Item No.
							(IU)	(RE)					
Milli-grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	International units	Retinol equivalents	Milli-grams	Milli-grams	Milli-grams	Milli-grams	
0	98	45	190	6.5	1,594	11	3,460	346	Tr	0.34	7.0	8	269
0	51	23	98	3.4	826	5	510	51	0.01	0.05	3.9	10	270
0	68	9	31	1.1	369	17	810	81	0.04	0.10	1.9	21 268	271
0	60	8	28	0.9	325	15	710	71	0.03	0.09	1.6	21 236	272
0	25	18	18	0.4	208	Tr	30	3	0.03	0.07	0.2	7	273
0	21	16	16	0.4	176	Tr	30	3	0.03	0.06	0.1	6	274
0	30	22	22	0.5	250	Tr	40	4	0.04	0.08	0.2	8	275
0	49	13	18	0.6	166	13	10	1	0.03	0.06	0.6	3	276
0	15	4	6	0.2	51	4	Tr	Tr	0.01	0.02	0.2	1	277
0	32	22	30	0.7	238	10	10	1	0.03	0.03	0.5	4	278
0	10	7	9	0.2	74	3	Tr	Tr	0.01	0.01	0.2	1	279
0	19	11	11	0.6	175	2	40	4	0.14	0.06	0.7	24	280
0	52	36	18	1.0	265	3	40	4	0.23	0.06	0.7	19	281
0	12	8	4	0.2	60	1	10	1	0.05	0.01	0.2	4	282
0	39	35	15	0.7	305	3	100	10	0.24	0.05	0.7	24	283
0	9	8	3	0.2	71	1	20	2	0.06	0.01	0.2	6	284
0	34	43	20	0.7	335	3	10	1	0.14	0.06	0.6	27	285
0	57	5	61	1.1	893	7	2,020	202	0.09	0.10	1.2	33	286
0	48	3	43	0.9	716	8	1,400	140	0.07	0.08	1.2	17	287
0	9	3	7	0.1	114	Tr	210	21	0.03	0.06	0.3	6	288
0	4	1	3	Tr	48	Tr	90	9	0.01	0.03	0.1	3	289
0	60	23	34	2.2	235	49	670	67	0.04	0.10	0.8	1	290
0	31	12	17	1.1	121	25	340	34	0.02	0.05	0.4	1	291
0	38	25	38	0.9	388	3	2,540	254	0.06	0.15	1.2	7	292
0	14	10	14	0.3	146	1	960	96	0.02	0.06	0.4	3	293
0	31	25	39	1.2	365	2	970	97	0.04	0.08	1.0	2	294
0	60	49	74	2.4	708	4	650	65	0.05	0.21	1.5	6	295
0	45	31	64	3.0	707	10	10	1	0.04	0.18	2.0	10	296
0	115	71	141	3.0	1,089	17	10	1	0.23	0.13	1.2	5	297
0	11	7	14	0.3	105	2	Tr	Tr	0.02	0.01	0.1	Tr	298
0	14	27	15	0.7	187	Tr	160	16	0.04	0.11	1.1	31	299
0	74	43	48	1.8	324	3	170	17	0.05	0.13	0.7	47	300
0	65	38	43	1.6	285	3	150	15	0.05	0.11	0.6	41	301

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)	Grams	Water	Food energy	Protein	Fat	Fatty acids		
							Saturated	Mono-unsaturated	Poly-unsaturated
		Per-cent	Cal-ories	Grams	Grams	Grams	Grams	Grams	Grams
Fruits and Fruit Juices—Con.									
302	Rhubarb, cooked, added sugar----- 1 cup-----	240	68	280	1	Tr	Tr	Tr	0.1
	Strawberries:								
303	Raw, capped, whole----- 1 cup-----	149	92	45	1	1	Tr	0.1	0.3
304	Frozen, sweetened, sliced----- 10-oz container	284	73	275	2	Tr	Tr	0.1	0.2
305	1 cup-----	255	73	245	1	Tr	Tr	Tr	0.2
	Tangerines:								
306	Raw, without peel and seeds (2-3/8-in diam., about 4 per lb, with peel and seeds)----- 1 tangerine-----	84	88	35	1	Tr	Tr	Tr	Tr
307	Canned, light syrup, fruit and liquid----- 1 cup-----	252	83	155	1	Tr	Tr	Tr	0.1
308	Tangerine juice, canned, sweetened----- 1 cup-----	249	87	125	1	Tr	Tr	Tr	0.1
	Watermelon, raw, without rind and seeds:								
309	Piece (4 by 8 in wedge with rind and seeds; 1/16 of 32-2/3-lb melon, 10 by 16 in) 1 piece-----	482	92	155	3	2	0.3	0.2	1.0
310	Diced----- 1 cup-----	160	92	50	1	1	0.1	0.1	0.3
Grain Products									
311	Bagels, plain or water, enriched, 3-1/2-in diam. ²⁴ ----- 1 bagel-----	68	29	200	7	2	0.3	0.5	0.7
312	Barley, pearled, light, uncooked Biscuits, baking powder, 2-in diam. (enriched flour, vegetable shortening):	200	11	700	16	2	0.3	0.2	0.9
313	From home recipe----- 1 biscuit-----	28	28	100	2	5	1.2	2.0	1.3
314	From mix----- 1 biscuit-----	28	29	95	2	3	0.8	1.4	0.9
315	From refrigerated dough----- 1 biscuit-----	20	30	65	1	2	0.6	0.9	0.6
	Breadcrumbs, enriched:								
316	Dry, grated----- 1 cup-----	100	7	390	13	5	1.5	1.6	1.0
	Soft. See White bread (item 351).								
	Breads:								
317	Boston brown bread, canned, slice, 3-1/4 in by 1/2 in ²⁵ ----- 1 slice-----	45	45	95	2	1	0.3	0.1	0.1
	Cracked-wheat bread (3/4 enriched wheat flour, 1/4 cracked wheat flour): ²⁵								
318	Loaf, 1 lb----- 1 loaf-----	454	35	1,190	42	16	3.1	4.3	5.7
319	Slice (18 per loaf)----- 1 slice-----	25	35	65	2	1	0.2	0.2	0.3
320	Toasted----- 1 slice-----	21	26	65	2	1	0.2	0.2	0.3
	French or vienna bread, enriched: ²⁵								
321	Loaf, 1 lb----- 1 loaf-----	454	34	1,270	43	18	3.8	5.7	5.9
	Slice:								
322	French, 5 by 2-1/2 by 1 in 1 slice-----	35	34	100	3	1	0.3	0.4	0.5
323	Vienna, 4-3/4 by 4 by 1/2 in----- 1 slice-----	25	34	70	2	1	0.2	0.3	0.3
	Italian bread, enriched:								
324	Loaf, 1 lb----- 1 loaf-----	454	32	1,255	41	4	0.6	0.3	1.6
325	Slice, 4-1/2 by 3-1/4 by 3/4 in----- 1 slice-----	30	32	85	3	Tr	Tr	Tr	0.1
	Mixed grain bread, enriched: ²⁵								
326	Loaf, 1 lb----- 1 loaf-----	454	37	1,165	45	17	3.2	4.1	6.5
327	Slice (18 per loaf)----- 1 slice-----	25	37	65	2	1	0.2	0.2	0.4
328	Toasted----- 1 slice-----	23	27	65	2	1	0.2	0.2	0.4

²⁴Egg bagels have 44 mg cholesterol and 22 IU or 7 RE vitamin A per bagel.²⁵Made with vegetable shortening.

Nutrients in Indicated Quantity													
Cholesterol	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Sodium	Vitamin A value		Thiamin	Riboflavin	Niacin	Ascorbic acid	Item No.
							(IU)	(RE)					
Milli-grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	International units	Retinol equivalents	Milli-grams	Milli-grams	Milli-grams	Milli-grams	
0	75	348	19	0.5	230	2	170	17	0.04	0.06	0.5	8	302
0	10	21	28	0.6	247	1	40	4	0.03	0.10	0.3	84	303
0	74	31	37	1.7	278	9	70	7	0.05	0.14	1.1	118	304
0	66	28	33	1.5	250	8	60	6	0.04	0.13	1.0	106	305
0	9	12	8	0.1	132	1	770	77	0.09	0.02	0.1	26	306
0	41	18	25	0.9	197	15	2,120	212	0.13	0.11	1.1	50	307
0	30	45	35	0.5	443	2	1,050	105	0.15	0.05	0.2	55	308
0	35	39	43	0.8	559	10	1,760	176	0.39	0.10	1.0	46	309
0	11	13	14	0.3	186	3	590	59	0.13	0.03	0.3	15	310
0	38	29	46	1.8	50	245	0	0	0.26	0.20	2.4	0	311
0	158	32	378	4.2	320	6	0	0	0.24	0.10	6.2	0	312
Tr	13	47	36	0.7	32	195	10	3	0.08	0.08	0.8	Tr	313
Tr	14	58	128	0.7	56	262	20	4	0.12	0.11	0.8	Tr	314
1	10	4	79	0.5	18	249	0	0	0.08	0.05	0.7	0	315
5	73	122	141	4.1	152	736	0	0	0.35	0.35	4.8	0	316
3	21	41	72	0.9	131	113	²⁶ 0	²⁶ 0	0.06	0.04	0.7	0	317
0	227	295	581	12.1	608	1,966	Tr	Tr	1.73	1.73	15.3	Tr	318
0	12	16	32	0.7	34	106	Tr	Tr	0.10	0.09	0.8	Tr	319
0	12	16	32	0.7	34	106	Tr	Tr	0.07	0.09	0.8	Tr	320
0	230	499	386	14.0	409	2,633	Tr	Tr	2.09	1.59	18.2	Tr	321
0	18	39	30	1.1	32	203	Tr	Tr	0.16	0.12	1.4	Tr	322
0	13	28	21	0.8	23	145	Tr	Tr	0.12	0.09	1.0	Tr	323
0	256	77	350	12.7	336	2,656	0	0	1.80	1.10	15.0	0	324
0	17	5	23	0.8	22	176	0	0	0.12	0.07	1.0	0	325
0	212	472	962	14.8	990	1,870	Tr	Tr	1.77	1.73	18.9	Tr	326
0	12	27	55	0.8	56	106	Tr	Tr	0.10	0.10	1.1	Tr	327
0	12	27	55	0.8	56	106	Tr	Tr	0.08	0.10	1.1	Tr	328

²⁶Made with white cornmeal. If made with yellow cornmeal, value is 32 IU or 3 RE.

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)	Grams	Water	Food energy	Protein	Fat	Fatty acids		
							Saturated	Mono-unsaturated	Poly-unsaturated
Grain Products—Con.		Grams	Per-cent	Cal-ories	Grams	Grams	Grams	Grams	Grams
Breads:									
Oatmeal bread, enriched: ²⁵									
329	Loaf, 1 lb-----	454	37	1,145	38	20	3.7	7.1	8.2
330	Slice (18 per loaf)-----	25	37	65	2	1	0.2	0.4	0.5
331	Toasted-----	23	30	65	2	1	0.2	0.4	0.5
332	Pita bread, enriched, white, 6-1/2-in diam.-----	60	31	165	6	1	0.1	0.1	0.4
Pumpnickel (2/3 rye flour, 1/3 enriched wheat flour): ²⁵									
333	Loaf, 1 lb-----	454	37	1,160	42	16	2.6	3.6	6.4
334	Slice, 5 by 4 by 3/8 in-----	32	37	80	3	1	0.2	0.3	0.5
335	Toasted-----	29	28	80	3	1	0.2	0.3	0.5
Raisin bread, enriched: ²⁵									
336	Loaf, 1 lb-----	454	33	1,260	37	18	4.1	6.5	6.7
337	Slice (18 per loaf)-----	25	33	65	2	1	0.2	0.3	0.4
338	Toasted-----	21	24	65	2	1	0.2	0.3	0.4
Rye bread, light (2/3 enriched wheat flour, 1/3 rye flour): ²⁵									
339	Loaf, 1 lb-----	454	37	1,190	38	17	3.3	5.2	5.5
340	Slice, 4-3/4 by 3-3/4 by 7/16 in-----	25	37	65	2	1	0.2	0.3	0.3
341	Toasted-----	22	28	65	2	1	0.2	0.3	0.3
Wheat bread, enriched: ²⁵									
342	Loaf, 1 lb-----	454	37	1,160	43	19	3.9	7.3	4.5
343	Slice (18 per loaf)-----	25	37	65	2	1	0.2	0.4	0.3
344	Toasted-----	23	28	65	3	1	0.2	0.4	0.3
White bread, enriched: ²⁵									
345	Loaf, 1 lb-----	454	37	1,210	38	18	5.6	6.5	4.2
346	Slice (18 per loaf)-----	25	37	65	2	1	0.3	0.4	0.2
347	Toasted-----	22	28	65	2	1	0.3	0.4	0.2
348	Slice (22 per loaf)-----	20	37	55	2	1	0.2	0.3	0.2
349	Toasted-----	17	28	55	2	1	0.2	0.3	0.2
350	Cubes-----	30	37	80	2	1	0.4	0.4	0.3
351	Crumbs, soft-----	45	37	120	4	2	0.6	0.6	0.4
Whole-wheat bread: ²⁵									
352	Loaf, 1 lb-----	454	38	1,110	44	20	5.8	6.8	5.2
353	Slice (16 per loaf)-----	28	38	70	3	1	0.4	0.4	0.3
354	Toasted-----	25	29	70	3	1	0.4	0.4	0.3
Bread stuffing (from enriched bread), prepared from mix:									
355	Dry type-----	140	33	500	9	31	6.1	13.3	9.6
356	Moist type-----	203	61	420	9	26	5.3	11.3	8.0
Breakfast cereals:									
Hot type, cooked:									
Corn (hominy) grits:									
357	Regular and quick, enriched	1 cup-----	242	85	145	3	Tr	Tr	0.1
358	Instant, plain-----	1 pkt-----	137	85	80	2	Tr	Tr	0.1
Cream of Wheat®:									
359	Regular, quick, instant----	1 cup-----	244	86	140	4	Tr	Tr	0.2
360	Mix'n Eat, plain-----	1 pkt-----	142	82	100	3	Tr	Tr	0.1
361	Malt-O-Meal®-----	1 cup-----	240	88	120	4	Tr	Tr	0.1
Oatmeal or rolled oats:									
362	Regular, quick, instant, nonfortified-----	1 cup-----	234	85	145	6	2	0.4	0.8
Instant, fortified:									
363	Plain-----	1 pkt-----	177	86	105	4	2	0.3	0.7
364	Flavored-----	1 pkt-----	164	76	160	5	2	0.3	0.8

²⁵ Made with vegetable shortening.²⁷ Nutrient added.²⁸ Cooked without salt. If salt is added according to label recommendations, sodium content is 540 mg.²⁹ For white corn grits. Cooked yellow grits contain 145 IU or 14 RE.³⁰ Value based on label declaration for added nutrients.

Nutrients in Indicated Quantity

Cholesterol	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Sodium	Vitamin A value		Thiamin	Riboflavin	Niacin	Ascorbic acid	Item No.
							(IU)	(RE)					
Milli-grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	International units	Retinol equivalents	Milli-grams	Milli-grams	Milli-grams	Milli-grams	
0	212	267	563	12.0	707	2,231	0	0	2.09	1.20	15.4	0	329
0	12	15	31	0.7	39	124	0	0	0.12	0.07	0.9	0	330
0	12	15	31	0.7	39	124	0	0	0.09	0.07	0.9	0	331
0	33	49	60	1.4	71	339	0	0	0.27	0.12	2.2	0	332
0	218	322	990	12.4	1,966	2,461	0	0	1.54	2.36	15.0	0	333
0	16	23	71	0.9	141	177	0	0	0.11	0.17	1.1	0	334
0	16	23	71	0.9	141	177	0	0	0.09	0.17	1.1	0	335
0	239	463	395	14.1	1,058	1,657	Tr	Tr	1.50	2.81	18.6	Tr	336
0	13	25	22	0.8	59	92	Tr	Tr	0.08	0.15	1.0	Tr	337
0	13	25	22	0.8	59	92	Tr	Tr	0.06	0.15	1.0	Tr	338
0	218	363	658	12.3	926	3,164	0	0	1.86	1.45	15.0	0	339
0	12	20	36	0.7	51	175	0	0	0.10	0.08	0.8	0	340
0	12	20	36	0.7	51	175	0	0	0.08	0.08	0.8	0	341
0	213	572	835	15.8	627	2,447	Tr	Tr	2.09	1.45	20.5	Tr	342
0	12	32	47	0.9	35	138	Tr	Tr	0.12	0.08	1.2	Tr	343
0	12	32	47	0.9	35	138	Tr	Tr	0.10	0.08	1.2	Tr	344
0	222	572	490	12.9	508	2,334	Tr	Tr	2.13	1.41	17.0	Tr	345
0	12	32	27	0.7	28	129	Tr	Tr	0.12	0.08	0.9	Tr	346
0	12	32	27	0.7	28	129	Tr	Tr	0.09	0.08	0.9	Tr	347
0	10	25	21	0.6	22	101	Tr	Tr	0.09	0.06	0.7	Tr	348
0	10	25	21	0.6	22	101	Tr	Tr	0.07	0.06	0.7	Tr	349
0	15	38	32	0.9	34	154	Tr	Tr	0.14	0.09	1.1	Tr	350
0	22	57	49	1.3	50	231	Tr	Tr	0.21	0.14	1.7	Tr	351
0	206	327	1,180	15.5	799	2,887	Tr	Tr	1.59	0.95	17.4	Tr	352
0	13	20	74	1.0	50	180	Tr	Tr	0.10	0.06	1.1	Tr	353
0	13	20	74	1.0	50	180	Tr	Tr	0.08	0.06	1.1	Tr	354
0	50	92	136	2.2	126	1,254	910	273	0.17	0.20	2.5	0	355
67	40	81	134	2.0	118	1,023	850	256	0.10	0.18	1.6	0	356
0	31	0	29	²⁷ 1.5	53	²⁸ 0	²⁹ 0	²⁹ 0	²⁷ 0.24	²⁷ 0.15	²⁷ 2.0	0	357
0	18	7	16	²⁷ 1.0	29	343	0	0	²⁷ 0.18	²⁷ 0.08	²⁷ 1.3	0	358
0	29	³⁰ 54	³¹ 43	³⁰ 10.9	46	^{31,32} 5	0	0	³⁰ 0.24	³⁰ 0.07	³⁰ 1.5	0	359
0	21	³⁰ 20	³⁰ 20	³⁰ 8.1	38	241	³⁰ 1,250	³⁰ 376	³⁰ 0.43	³⁰ 0.28	³⁰ 5.0	0	360
0	26	5	³⁰ 24	³⁰ 9.6	31	³³ 2	0	0	³⁰ 0.48	³⁰ 0.24	³⁰ 5.8	0	361
0	25	19	178	1.6	131	³⁴ 2	40	4	0.26	0.05	0.3	0	362
0	18	²⁷ 163	133	²⁷ 6.3	99	²⁷ 285	²⁷ 1,510	²⁷ 453	²⁷ 0.53	²⁷ 0.28	²⁷ 5.5	0	363
0	31	²⁷ 168	148	²⁷ 6.7	137	²⁷ 254	²⁷ 1,530	²⁷ 460	²⁷ 0.53	²⁷ 0.38	²⁷ 5.9	Tr	364

³¹For regular and instant cereal. For quick cereal, phosphorus is 102 mg and sodium is 142 mg.

³²Cooked without salt. If salt is added according to label recommendations, sodium content is 390 mg.

³³Cooked without salt. If salt is added according to label recommendations, sodium content is 324 mg.

³⁴Cooked without salt. If salt is added according to label recommendations, sodium content is 374 mg.

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)	Grams	Fatty acids							
			Water	Food energy	Protein	Fat	Saturated	Mono-unsaturated	Poly-unsaturated	
Grain Products—Con.			Per cent	Cal-ories	Grams	Grams	Grams	Grams	Grams	
Breakfast cereals:										
Ready to eat:										
365	All-Bran® (about 1/3 cup)----	1 oz-----	28	3	70	4	1	0.1	0.1	0.3
366	Cap'n Crunch® (about 3/4 cup) 1 oz-----	28	3	120	1	3	1.7	0.3	0.4	
367	Cheerios® (about 1-1/4 cup)--- 1 oz-----	28	5	110	4	2	0.3	0.6	0.7	
Corn Flakes (about 1-1/4 cup):										
368	Kellogg's®-----	1 oz-----	28	3	110	2	Tr	Tr	Tr	Tr
369	Toasties®-----	1 oz-----	28	3	110	2	Tr	Tr	Tr	Tr
40% Bran Flakes:										
370	Kellogg's® (about 3/4 cup) 1 oz-----	28	3	90	4	1	0.1	0.1	0.3	
371	Post® (about 2/3 cup)----- 1 oz-----	28	3	90	3	Tr	0.1	0.1	0.2	
372	Froot Loops® (about 1 cup)--- 1 oz-----	28	3	110	2	1	0.2	0.1	0.1	
373	Golden Grahams® (about 3/4 cup)-----	1 oz-----	28	2	110	2	1	0.7	0.1	0.2
374	Grape-Nuts® (about 1/4 cup)--- 1 oz-----	28	3	100	3	Tr	Tr	Tr	0.1	
375	Honey Nut Cheerios® (about 3/4 cup)-----	1 oz-----	28	3	105	3	1	0.1	0.3	0.3
376	Lucky Charms® (about 1 cup)--- 1 oz-----	28	3	110	3	1	0.2	0.4	0.4	
377	Nature Valley® Granola (about 1/3 cup)-----	1 oz-----	28	4	125	3	5	3.3	0.7	0.7
378	100% Natural Cereal (about 1/4 cup)-----	1 oz-----	28	2	135	3	6	4.1	1.2	0.5
379	Product 19® (about 3/4 cup)--- 1 oz-----	28	3	110	3	Tr	Tr	Tr	0.1	
Raisin Bran:										
380	Kellogg's® (about 3/4 cup) 1 oz-----	28	8	90	3	1	0.1	0.1	0.3	
381	Post® (about 1/2 cup)----- 1 oz-----	28	9	85	3	1	0.1	0.1	0.3	
382	Rice Krispies® (about 1 cup) 1 oz-----	28	2	110	2	Tr	Tr	Tr	0.1	
383	Shredded Wheat (about 2/3 cup)-----	1 oz-----	28	5	100	3	1	0.1	0.1	0.3
384	Special K® (about 1-1/3 cup) 1 oz-----	28	2	110	6	Tr	Tr	Tr	Tr	
385	Super Sugar Crisp® (about 7/8 cup)-----	1 oz-----	28	2	105	2	Tr	Tr	Tr	0.1
386	Sugar Frosted Flakes, Kellogg's® (about 3/4 cup) 1 oz-----	28	3	110	1	Tr	Tr	Tr	Tr	Tr
387	Sugar Smacks® (about 3/4 cup) 1 oz-----	28	3	105	2	1	0.1	0.1	0.2	
388	Total® (about 1 cup)----- 1 oz-----	28	4	100	3	1	0.1	0.1	0.3	
389	Trix® (about 1 cup)----- 1 oz-----	28	3	110	2	Tr	0.2	0.1	0.1	
390	Wheaties® (about 1 cup)----- 1 oz-----	28	5	100	3	Tr	0.1	Tr	0.2	
391	Buckwheat flour, light, sifted--- 1 cup-----	98	12	340	6	1	0.2	0.4	0.4	
392	Bulgur, uncooked----- 1 cup-----	170	10	600	19	3	1.2	0.3	1.2	
Cakes prepared from cake mixes with enriched flour: ³⁵										
Angelfood:										
393	Whole cake, 9-3/4-in diam. tube cake-----	1 cake-----	635	38	1,510	38	2	0.4	0.2	1.0
394	Piece, 1/12 of cake----- 1 piece-----	53	38	125	3	Tr	Tr	Tr	0.1	
Coffeecake, crumb:										
395	Whole cake, 7-3/4 by 5-5/8 by 1-1/4 in-----	1 cake-----	430	30	1,385	27	41	11.8	16.7	9.6
396	Piece, 1/6 of cake----- 1 piece-----	72	30	230	5	7	2.0	2.8	1.6	
Devil's food with chocolate frosting:										
397	Whole, 2-layer cake, 8- or 9-in diam.-----	1 cake-----	1,107	24	3,755	49	136	55.6	51.4	19.7
398	Piece, 1/16 of cake----- 1 piece-----	69	24	235	3	8	3.5	3.2	1.2	
399	Cupcake, 2-1/2-in diam.----- 1 cupcake-----	35	24	120	2	4	1.8	1.6	0.6	
Gingerbread:										
400	Whole cake, 8 in square----- 1 cake-----	570	37	1,575	18	39	9.6	16.4	10.5	
401	Piece, 1/9 of cake----- 1 piece-----	63	37	175	2	4	1.1	1.8	1.2	

²⁷ Nutrient added.³⁰ Value based on label declaration for added nutrients.

Nutrients in Indicated Quantity

Cholesterol	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Sodium	Vitamin A value		Thiamin	Riboflavin	Niacin	Ascorbic acid	Item No.
							(IU)	(RE)					
Milli-grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	International units	Retinol equivalents	Milli-grams	Milli-grams	Milli-grams	Milli-grams	
0	21	23	264	³⁰ 4.5	350	320	³⁰ 1,250	³⁰ 375	³⁰ 0.37	³⁰ 0.43	³⁰ 5.0	³⁰ 15	365
0	23	5	36	²⁷ 7.5	37	213	40	4	²⁷ 0.50	²⁷ 0.55	²⁷ 6.6	0	366
0	20	48	134	³⁰ 4.5	101	307	³⁰ 1,250	³⁰ 375	³⁰ 0.37	³⁰ 0.43	³⁰ 5.0	³⁰ 15	367
0	24	1	18	³⁰ 1.8	26	351	³⁰ 1,250	³⁰ 375	³⁰ 0.37	³⁰ 0.43	³⁰ 5.0	³⁰ 15	368
0	24	1	12	²⁷ 0.7	33	297	³⁰ 1,250	³⁰ 375	³⁰ 0.37	³⁰ 0.43	³⁰ 5.0	0	369
0	22	14	139	³⁰ 8.1	180	264	³⁰ 1,250	³⁰ 375	³⁰ 0.37	³⁰ 0.43	³⁰ 5.0	0	370
0	22	12	179	³⁰ 4.5	151	260	³⁰ 1,250	³⁰ 375	³⁰ 0.37	³⁰ 0.43	³⁰ 5.0	0	371
0	25	3	24	³⁰ 4.5	26	145	³⁰ 1,250	³⁰ 375	³⁰ 0.37	³⁰ 0.43	³⁰ 5.0	³⁰ 15	372
Tr	24	17	41	³⁰ 4.5	63	346	³⁰ 1,250	³⁰ 375	³⁰ 0.37	³⁰ 0.43	³⁰ 5.0	³⁰ 15	373
0	23	11	71	1.2	95	197	³⁰ 1,250	³⁰ 375	³⁰ 0.37	³⁰ 0.43	³⁰ 5.0	0	374
0	23	20	105	³⁰ 4.5	99	257	³⁰ 1,250	³⁰ 375	³⁰ 0.37	³⁰ 0.43	³⁰ 5.0	³⁰ 15	375
0	23	32	79	³⁰ 4.5	59	201	³⁰ 1,250	³⁰ 375	³⁰ 0.37	³⁰ 0.43	³⁰ 5.0	³⁰ 15	376
0	19	18	89	0.9	98	58	20	2	0.10	0.05	0.2	0	377
Tr	18	49	104	0.8	140	12	20	2	0.09	0.15	0.6	0	378
0	24	3	40	³⁰ 18.0	44	325	³⁰ 5,000	³⁰ 1,501	³⁰ 1.50	³⁰ 1.70	³⁰ 20.0	³⁰ 60	379
0	21	10	105	³⁰ 3.5	147	207	³⁰ 960	³⁰ 288	³⁰ 0.28	³⁰ 0.34	³⁰ 3.9	0	380
0	21	13	119	³⁰ 4.5	175	185	³⁰ 1,250	³⁰ 375	³⁰ 0.37	³⁰ 0.43	³⁰ 5.0	0	381
0	25	4	34	³⁰ 1.8	29	340	³⁰ 1,250	³⁰ 375	³⁰ 0.37	³⁰ 0.43	³⁰ 5.0	³⁰ 15	382
0	23	11	100	1.2	102	3	0	0	0.07	0.08	1.5	0	383
Tr	21	8	55	³⁰ 4.5	49	265	³⁰ 1,250	³⁰ 375	³⁰ 0.37	³⁰ 0.43	³⁰ 5.0	³⁰ 15	384
0	26	6	52	³⁰ 1.8	105	25	³⁰ 1,250	³⁰ 375	³⁰ 0.37	³⁰ 0.43	³⁰ 5.0	0	385
0	26	1	21	³⁰ 1.8	18	230	³⁰ 1,250	³⁰ 375	³⁰ 0.37	³⁰ 0.43	³⁰ 5.0	³⁰ 15	386
0	25	3	31	³⁰ 1.8	42	75	³⁰ 1,250	³⁰ 375	³⁰ 0.37	³⁰ 0.43	³⁰ 5.0	³⁰ 15	387
0	22	48	118	³⁰ 18.0	106	352	³⁰ 5,000	³⁰ 1,501	³⁰ 1.50	³⁰ 1.70	³⁰ 20.0	³⁰ 60	388
0	25	6	19	³⁰ 4.5	27	181	³⁰ 1,250	³⁰ 375	³⁰ 0.37	³⁰ 0.43	³⁰ 5.0	³⁰ 15	389
0	23	43	98	³⁰ 4.5	106	354	³⁰ 1,250	³⁰ 375	³⁰ 0.37	³⁰ 0.43	³⁰ 5.0	³⁰ 15	390
0	78	11	86	1.0	314	2	0	0	0.08	0.04	0.4	0	391
0	129	49	575	9.5	389	7	0	0	0.48	0.24	7.7	0	392
0	342	527	1,086	2.7	845	3,226	0	0	0.32	1.27	1.6	0	393
0	29	44	91	0.2	71	269	0	0	0.03	0.11	0.1	0	394
279	225	262	748	7.3	469	1,853	690	194	0.82	0.90	7.7	1	395
47	38	44	125	1.2	78	310	120	32	0.14	0.15	1.3	Tr	396
598	645	653	1,162	22.1	1,439	2,900	1,660	498	1.11	1.66	10.0	1	397
37	40	41	72	1.4	90	181	100	31	0.07	0.10	0.6	Tr	398
19	20	21	37	0.7	46	92	50	16	0.04	0.05	0.3	Tr	399
6	291	513	570	10.8	1,562	1,733	0	0	0.86	1.03	7.4	1	400
1	32	57	63	1.2	173	192	0	0	0.09	0.11	0.8	Tr	401

³⁵ Excepting angelfood cake, cakes were made from mixes containing vegetable shortening and frostings were made with margarine.

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)		Fatty acids							
			Water	Food energy	Pro-tein	Fat	Satu-rated	Mono-unsatu-rated	Poly-unsatu-rated	
Grain Products—Con.			Grams	Per-cent	Cal-ories	Grams	Grams	Grams	Grams	Grams
Cakes prepared from cake mixes with enriched flour: ³⁵										
Yellow with chocolate frosting:										
402	Whole, 2-layer cake, 8- or 9-in diam.-----	1 cake-----	1,108	26	3,735	45	125	47.8	48.8	21.8
403	Piece, 1/16 of cake-----	1 piece-----	69	26	235	3	8	3.0	3.0	1.4
Cakes prepared from home recipes using enriched flour:										
Carrot, with cream cheese frosting: ³⁶										
404	Whole cake, 10-in diam. tube cake-----	1 cake-----	1,536	23	6,175	63	328	66.0	135.2	107.5
405	Piece, 1/16 of cake-----	1 piece-----	96	23	385	4	21	4.1	8.4	6.7
Fruitcake, dark: ³⁶										
406	Whole cake, 7-1/2-in diam., 2-1/4-in high tube cake----	1 cake-----	1,361	18	5,185	74	228	47.6	113.0	51.7
407	Piece, 1/32 of cake, 2/3-in arc-----	1 piece-----	43	18	165	2	7	1.5	3.6	1.6
Plain sheet cake: ³⁷										
Without frosting:										
408	Whole cake, 9-in square----	1 cake-----	777	25	2,830	35	108	29.5	45.1	25.6
409	Piece, 1/9 of cake-----	1 piece-----	86	25	315	4	12	3.3	5.0	2.8
With uncooked white frosting:										
410	Whole cake, 9-in square----	1 cake-----	1,096	21	4,020	37	129	41.6	50.4	26.3
411	Piece, 1/9 of cake-----	1 piece-----	121	21	445	4	14	4.6	5.6	2.9
Pound: ³⁸										
412	Loaf, 8-1/2 by 3-1/2 by 3-1/4 in-----	1 loaf-----	514	22	2,025	33	94	21.1	40.9	26.7
413	Slice, 1/17 of loaf-----	1 slice-----	30	22	120	2	5	1.2	2.4	1.6
Cakes, commercial, made with enriched flour:										
Pound:										
414	Loaf, 8-1/2 by 3-1/2 by 3 in	1 loaf-----	500	24	1,935	26	94	52.0	30.0	4.0
415	Slice, 1/17 of loaf-----	1 slice-----	29	24	110	2	5	3.0	1.7	0.2
Snack cakes:										
416	Devil's food with creme filling (2 small cakes per pkg)-----	1 small cake----	28	20	105	1	4	1.7	1.5	0.6
417	Sponge with creme filling (2 small cakes per pkg)-----	1 small cake----	42	19	155	1	5	2.3	2.1	0.5
White with white frosting:										
418	Whole, 2-layer cake, 8- or 9-in diam.-----	1 cake-----	1,140	24	4,170	43	148	33.1	61.6	42.2
419	Piece, 1/16 of cake-----	1 piece-----	71	24	260	3	9	2.1	3.8	2.6
Yellow with chocolate frosting:										
420	Whole, 2-layer cake, 8- or 9-in diam.-----	1 cake-----	1,108	23	3,895	40	175	92.0	58.7	10.0
421	Piece, 1/16 of cake-----	1 piece-----	69	23	245	2	11	5.7	3.7	0.6
Cheesecake:										
422	Whole cake, 9-in diam.-----	1 cake-----	1,110	46	3,350	60	213	119.9	65.5	14.4
423	Piece, 1/12 of cake-----	1 piece-----	92	46	280	5	18	9.9	5.4	1.2
Cookies made with enriched flour:										
Brownies with nuts:										
424	Commercial, with frosting, 1-1/2 by 1-3/4 by 7/8 in---	1 brownie-----	25	13	100	1	4	1.6	2.0	0.6
425	From home recipe, 1-3/4 by 1-3/4 by 7/8 in ³⁶ -----	1 brownie-----	20	10	95	1	6	1.4	2.8	1.2
Chocolate chip:										
426	Commercial, 2-1/4-in diam., 3/8 in thick-----	4 cookies-----	42	4	180	2	9	2.9	3.1	2.6

³⁵ Excepting angelfood cake, cakes were made from mixes containing vegetable shortening and frostings were made with margarine.

³⁶ Made with vegetable oil.

Nutrients in Indicated Quantity													
Cholesterol	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Sodium	Vitamin A value		Thiamin	Riboflavin	Niacin	Ascorbic acid	Item No.
							(IU)	(RE)					
Milli-grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	International units	Retinol equivalents	Milli-grams	Milli-grams	Milli-grams	Milli-grams	
576 36	638 40	1,008 63	2,017 126	15.5 1.0	1,208 75	2,515 157	1,550 100	465 29	1.22 0.08	1.66 0.10	11.1 0.7	1 Tr	402 403
1183 74	775 48	707 44	998 62	21.0 1.3	1,720 108	4,470 279	2,240 140	246 15	1.83 0.11	1.97 0.12	14.7 0.9	23 1	404 405
640 20	783 25	1,293 41	1,592 50	37.6 1.2	6,138 194	2,123 67	1,720 50	422 13	2.41 0.08	2.55 0.08	17.0 0.5	504 16	406 407
552 61	434 48	497 55	793 88	11.7 1.3	614 68	2,331 258	1,320 150	373 41	1.24 0.14	1.40 0.15	10.1 1.1	2 Tr	408 409
636 70	694 77	548 61	822 91	11.0 1.2	669 74	2,488 275	2,190 240	647 71	1.21 0.13	1.42 0.16	9.9 1.1	2 Tr	410 411
555 32	265 15	339 20	473 28	9.3 0.5	483 28	1,645 96	3,470 200	1,033 60	0.93 0.05	1.08 0.06	7.8 0.5	1 Tr	412 413
1100 64	257 15	146 8	517 30	8.0 0.5	443 26	1,857 108	2,820 160	715 41	0.96 0.06	1.12 0.06	8.1 0.5	0 0	414 415
15	17	21	26	1.0	34	105	20	4	0.06	0.09	0.7	0	416
7	27	14	44	0.6	37	155	30	9	0.07	0.06	0.6	0	417
46 3	670 42	536 33	1,585 99	15.5 1.0	832 52	2,827 176	640 40	194 12	3.19 0.20	2.05 0.13	27.6 1.7	0 0	418 419
609 38	620 39	366 23	1,884 117	19.9 1.2	1,972 123	3,080 192	1,850 120	488 30	0.78 0.05	2.22 0.14	10.0 0.6	0 0	420 421
2053 170	317 26	622 52	977 81	5.3 0.4	1,088 90	2,464 204	2,820 230	833 69	0.33 0.03	1.44 0.12	5.1 0.4	56 5	422 423
14	16	13	26	0.6	50	59	70	18	0.08	0.07	0.3	Tr	424
18	11	9	26	0.4	35	51	20	6	0.05	0.05	0.3	Tr	425
5	28	13	41	0.8	68	140	50	15	0.10	0.23	1.0	Tr	426

³⁷Cake made with vegetable shortening; frosting with margarine.

³⁸Made with margarine.

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)	Grams	Water	Food energy	Protein	Fat	Fatty acids			
							Saturated	Mono-unsaturated	Poly-unsaturated	
Grain Products—Con.										
Cookies made with enriched flour:										
Chocolate chip:										
427	From home recipe, 2-1/3-in diam. ²⁵ -----	4 cookies-----	40	3	185	2	11	3.9	4.3	2.0
428	From refrigerated dough, 2-1/4-in diam., 3/8 in thick	4 cookies-----	48	5	225	2	11	4.0	4.4	2.0
429	Fig bars, square, 1-5/8 by 1-5/8 by 3/8 in or rectangular, 1-1/2 by 1-3/4 by 1/2 in	4 cookies-----	56	12	210	2	4	1.0	1.5	1.0
430	Oatmeal with raisins, 2-5/8-in diam., 1/4 in thick-----	4 cookies-----	52	4	245	3	10	2.5	4.5	2.8
431	Peanut butter cookie, from home recipe, 2-5/8-in diam. ²⁵ -----	4 cookies-----	48	3	245	4	14	4.0	5.8	2.8
432	Sandwich type (chocolate or vanilla), 1-3/4-in diam., 3/8 in thick-----	4 cookies-----	40	2	195	2	8	2.0	3.6	2.2
Shortbread:										
433	Commercial-----	4 small cookies	32	6	155	2	8	2.9	3.0	1.1
434	From home recipe ³⁸ -----	2 large cookies	28	3	145	2	8	1.3	2.7	3.4
435	Sugar cookie, from refrigerated dough, 2-1/2-in diam., 1/4 in thick-----	4 cookies-----	48	4	235	2	12	2.3	5.0	3.6
436	Vanilla wafers, 1-3/4-in diam., 1/4 in thick-----	10 cookies-----	40	4	185	2	7	1.8	3.0	1.8
437	Corn chips-----	1-oz package----	28	1	155	2	9	1.4	2.4	3.7
Cornmeal:										
438	Whole-ground, unbolted, dry form-----	1 cup-----	122	12	435	11	5	0.5	1.1	2.5
439	Bolted (nearly whole-grain), dry form-----	1 cup-----	122	12	440	11	4	0.5	0.9	2.2
Degermed, enriched:										
440	Dry form-----	1 cup-----	138	12	500	11	2	0.2	0.4	0.9
441	Cooked-----	1 cup-----	240	88	120	3	Tr	Tr	0.1	0.2
Crackers: ³⁹										
Cheese:										
442	Plain, 1 in square-----	10 crackers-----	10	4	50	1	3	0.9	1.2	0.3
443	Sandwich type (peanut butter)	1 sandwich-----	8	3	40	1	2	0.4	0.8	0.3
444	Graham, plain, 2-1/2 in square	2 crackers-----	14	5	60	1	1	0.4	0.6	0.4
445	Melba toast, plain-----	1 piece-----	5	4	20	1	Tr	0.1	0.1	0.1
446	Rye wafers, whole-grain, 1-7/8 by 3-1/2 in-----	2 wafers-----	14	5	55	1	1	0.3	0.4	0.3
447	Saltines ⁴⁰ -----	4 crackers-----	12	4	50	1	1	0.5	0.4	0.2
448	Snack-type, standard-----	1 round cracker	3	3	15	Tr	1	0.2	0.4	0.1
449	Wheat, thin-----	4 crackers-----	8	3	35	1	1	0.5	0.5	0.4
450	Whole-wheat wafers-----	2 crackers-----	8	4	35	1	2	0.5	0.6	0.4
451	Croissants, made with enriched flour, 4-1/2 by 4 by 1-3/4 in--	1 croissant-----	57	22	235	5	12	3.5	6.7	1.4
Danish pastry, made with enriched flour:										
Plain without fruit or nuts:										
452	Packaged ring, 12 oz-----	1 ring-----	340	27	1,305	21	71	21.8	28.6	15.6
453	Round piece, about 4-1/4-in diam., 1 in high-----	1 pastry-----	57	27	220	4	12	3.6	4.8	2.6
454	Ounce-----	1 oz-----	28	27	110	2	6	1.8	2.4	1.3
455	Fruit, round piece-----	1 pastry-----	65	30	235	4	13	3.9	5.2	2.9
Doughnuts, made with enriched flour:										
456	Cake type, plain, 3-1/4-in diam., 1 in high-----	1 doughnut-----	50	21	210	3	12	2.8	5.0	3.0
457	Yeast-leavened, glazed, 3-3/4-in diam., 1-1/4 in high-----	1 doughnut-----	60	27	235	4	13	5.2	5.5	0.9
458	English muffins, plain, enriched	1 muffin-----	57	42	140	5	1	0.3	0.2	0.3
459	Toasted-----	1 muffin-----	50	29	140	5	1	0.3	0.2	0.3

²⁵Made with vegetable shortening.³⁸Made with margarine.

Nutrients in Indicated Quantity													
Cholesterol	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Sodium	Vitamin A value		Thiamin	Riboflavin	Niacin	Ascorbic acid	Item No.
							(IU)	(RE)					
Milli-grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	International units	Retinol equivalents	Milli-grams	Milli-grams	Milli-grams	Milli-grams	
18	26	13	34	1.0	82	82	20	5	0.06	0.06	0.6	0	427
22	32	13	34	1.0	62	173	30	8	0.06	0.10	0.9	0	428
27	42	40	34	1.4	162	180	60	6	0.08	0.07	0.7	Tr	429
2	36	18	58	1.1	90	148	40	12	0.09	0.08	1.0	0	430
22	28	21	60	1.1	110	142	20	5	0.07	0.07	1.9	0	431
0	29	12	40	1.4	66	189	0	0	0.09	0.07	0.8	0	432
27	20	13	39	0.8	38	123	30	8	0.10	0.09	0.9	0	433
0	17	6	31	0.6	18	125	300	89	0.08	0.06	0.7	Tr	434
29	31	50	91	0.9	33	261	40	11	0.09	0.06	1.1	0	435
25	29	16	36	0.8	50	150	50	14	0.07	0.10	1.0	0	436
0	16	35	52	0.5	52	233	110	11	0.04	0.05	0.4	1	437
0	90	24	312	2.2	346	1	620	62	0.46	0.13	2.4	0	438
0	91	21	272	2.2	303	1	590	59	0.37	0.10	2.3	0	439
0	108	8	137	5.9	166	1	610	61	0.61	0.36	4.8	0	440
0	26	2	34	1.4	38	0	140	14	0.14	0.10	1.2	0	441
6	6	11	17	0.3	17	112	20	5	0.05	0.04	0.4	0	442
1	5	7	25	0.3	17	90	Tr	Tr	0.04	0.03	0.6	0	443
0	11	6	20	0.4	36	86	0	0	0.02	0.03	0.6	0	444
0	4	6	10	0.1	11	44	0	0	0.01	0.01	0.1	0	445
0	10	7	44	0.5	65	115	0	0	0.06	0.03	0.5	0	446
4	9	3	12	0.5	17	165	0	0	0.06	0.05	0.6	0	447
0	2	3	6	0.1	4	30	Tr	Tr	0.01	0.01	0.1	0	448
0	5	3	15	0.3	17	69	Tr	Tr	0.04	0.03	0.4	0	449
0	5	3	22	0.2	31	59	0	0	0.02	0.03	0.4	0	450
13	27	20	64	2.1	68	452	50	13	0.17	0.13	1.3	0	451
292	152	360	347	6.5	316	1,302	360	99	0.95	1.02	8.5	Tr	452
49	26	60	58	1.1	53	218	60	17	0.16	0.17	1.4	Tr	453
24	13	30	29	0.5	26	109	30	8	0.08	0.09	0.7	Tr	454
56	28	17	80	1.3	57	233	40	11	0.16	0.14	1.4	Tr	455
20	24	22	111	1.0	58	192	20	5	0.12	0.12	1.1	Tr	456
21	26	17	55	1.4	64	222	Tr	Tr	0.28	0.12	1.8	0	457
0	27	96	67	1.7	331	378	0	0	0.26	0.19	2.2	0	458
0	27	96	67	1.7	331	378	0	0	0.23	0.19	2.2	0	459

³⁹Crackers made with enriched flour except for rye wafers and whole-wheat wafers.

⁴⁰Made with lard.

Table 2. Nutritive Value of the Edible Part of Food (Continued)
(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)		Fatty acids							
			Water	Food energy	Protein	Fat	Saturated	Mono-unsaturated	Poly-unsaturated	
Grain Products—Con.			Grams	Per-cent	Cal-ories	Grams	Grams	Grams	Grams	Grams
460	French toast, from home recipe--- Macaroni, enriched, cooked (cut lengths, elbows, shells):	1 slice-----	65	53	155	6	7	1.6	2.0	1.6
461	Firm stage (hot)----- Tender stage:	1 cup-----	130	64	190	7	1	0.1	0.1	0.3
462	Cold-----	1 cup-----	105	72	115	4	Tr	0.1	0.1	0.2
463	Hot----- Muffins made with enriched flour, 2-1/2-in diam., 1-1/2 in high:	1 cup-----	140	72	155	5	1	0.1	0.1	0.2
	From home recipe:									
464	Blueberry ²⁵ -----	1 muffin-----	45	37	135	3	5	1.5	2.1	1.2
465	Bran ³⁶ -----	1 muffin-----	45	35	125	3	6	1.4	1.6	2.3
466	Corn (enriched, degermed cornmeal and flour) ²⁵ -----	1 muffin-----	45	33	145	3	5	1.5	2.2	1.4
	From commercial mix (egg and water added):									
467	Blueberry-----	1 muffin-----	45	33	140	3	5	1.4	2.0	1.2
468	Bran-----	1 muffin-----	45	28	140	3	4	1.3	1.6	1.0
469	Corn-----	1 muffin-----	45	30	145	3	6	1.7	2.3	1.4
470	Noodles (egg noodles), enriched, cooked-----	1 cup-----	160	70	200	7	2	0.5	0.6	0.6
471	Noodles, chow mein, canned-----	1 cup-----	45	11	220	6	11	2.1	7.3	0.4
	Pancakes, 4-in diam.:									
472	Buckwheat, from mix (with buckwheat and enriched flours), egg and milk added-----	1 pancake-----	27	58	55	2	2	0.9	0.9	0.5
	Plain:									
473	From home recipe using enriched flour-----	1 pancake-----	27	50	60	2	2	0.5	0.8	0.5
474	From mix (with enriched flour), egg, milk, and oil added-----	1 pancake-----	27	54	60	2	2	0.5	0.9	0.5
	Piecrust, made with enriched flour and vegetable shortening, baked:									
475	From home recipe, 9-in diam.---	1 pie shell-----	180	15	900	11	60	14.8	25.9	15.7
476	From mix, 9-in diam.-----	Piecrust for 2-crust pie-----	320	19	1,485	20	93	22.7	41.0	25.0
	Pies, piecrust made with enriched flour, vegetable shortening, 9-in diam.:									
	Apple:									
477	Whole-----	1 pie-----	945	48	2,420	21	105	27.4	44.4	26.5
478	Piece, 1/6 of pie-----	1 piece-----	158	48	405	3	18	4.6	7.4	4.4
	Blueberry:									
479	Whole-----	1 pie-----	945	51	2,285	23	102	25.5	44.4	27.4
480	Piece, 1/6 of pie-----	1 piece-----	158	51	380	4	17	4.3	7.4	4.6
	Cherry:									
481	Whole-----	1 pie-----	945	47	2,465	25	107	28.4	46.3	27.4
482	Piece, 1/6 of pie-----	1 piece-----	158	47	410	4	18	4.7	7.7	4.6
	Crepe:									
483	Whole-----	1 pie-----	910	43	2,710	20	139	90.1	23.7	6.4
484	Piece, 1/6 of pie-----	1 piece-----	152	43	455	3	23	15.0	4.0	1.1
	Custard:									
485	Whole-----	1 pie-----	910	58	1,985	56	101	33.7	40.0	19.1
486	Piece, 1/6 of pie-----	1 piece-----	152	58	330	9	17	5.6	6.7	3.2
	Lemon meringue:									
487	Whole-----	1 pie-----	840	47	2,140	31	86	26.0	34.4	17.6
488	Piece, 1/6 of pie-----	1 piece-----	140	47	355	5	14	4.3	5.7	2.9
	Peach:									
489	Whole-----	1 pie-----	945	48	2,410	24	101	24.6	43.5	26.5
490	Piece, 1/6 of pie-----	1 piece-----	158	48	405	4	17	4.1	7.3	4.4

²⁵ Made with vegetable shortening.

Nutrients in Indicated Quantity													
Choles- terol	Carbo- hydrate	Calcium	Phos- phorus	Iron	Potas- sium	Sodium	Vitamin A value		Thiamin	Ribo- flavin	Niacin	Ascorbic acid	Item No.
Milli- grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Inter- national units	Retinol equiva- lents	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
112	17	72	85	1.3	86	257	110	32	0.12	0.16	1.0	Tr	460
0	39	14	85	2.1	103	1	0	0	0.23	0.13	1.8	0	461
0	24	8	53	1.3	64	1	0	0	0.15	0.08	1.2	0	462
0	32	11	70	1.7	85	1	0	0	0.20	0.11	1.5	0	463
19	20	54	46	0.9	47	198	40	9	0.10	0.11	0.9	1	464
24	19	60	125	1.4	99	189	230	30	0.11	0.13	1.3	3	465
23	21	66	59	0.9	57	169	80	15	0.11	0.11	0.9	Tr	466
45	22	15	90	0.9	54	225	50	11	0.10	0.17	1.1	Tr	467
28	24	27	182	1.7	50	385	100	14	0.08	0.12	1.9	0	468
42	22	30	128	1.3	31	291	90	16	0.09	0.09	0.8	Tr	469
50	37	16	94	2.6	70	3	110	34	0.22	0.13	1.9	0	470
5	26	14	41	0.4	33	450	0	0	0.05	0.03	0.6	0	471
20	6	59	91	0.4	66	125	60	17	0.04	0.05	0.2	Tr	472
16	9	27	38	0.5	33	115	30	10	0.06	0.07	0.5	Tr	473
16	8	36	71	0.7	43	160	30	7	0.09	0.12	0.8	Tr	474
0	79	25	90	4.5	90	1,100	0	0	0.54	0.40	5.0	0	475
0	141	131	272	9.3	179	2,602	0	0	1.06	0.80	9.9	0	476
0	360	76	208	9.5	756	2,844	280	28	1.04	0.76	9.5	9	477
0	60	13	35	1.6	126	476	50	5	0.17	0.13	1.6	2	478
0	330	104	217	12.3	945	2,533	850	85	1.04	0.85	10.4	38	479
0	55	17	36	2.1	158	423	140	14	0.17	0.14	1.7	6	480
0	363	132	236	9.5	992	2,873	4,160	416	1.13	0.85	9.5	0	481
0	61	22	40	1.6	166	480	700	70	0.19	0.14	1.6	0	482
46	351	273	919	6.8	796	2,207	1,250	391	0.36	0.89	6.4	0	483
8	59	46	154	1.1	133	369	210	65	0.06	0.15	1.1	0	484
1010	213	874	1,028	9.1	1,247	2,612	2,090	573	0.82	1.91	5.5	0	485
169	36	146	172	1.5	208	436	350	96	0.14	0.32	0.9	0	486
857	317	118	412	8.4	420	2,369	1,430	395	0.59	0.84	5.0	25	487
143	53	20	69	1.4	70	395	240	66	0.10	0.14	0.8	4	488
0	361	95	274	11.3	1,408	2,533	6,900	690	1.04	0.95	14.2	28	489
0	60	16	46	1.9	235	423	1,150	115	0.17	0.16	2.4	5	490

³⁶ Made with vegetable oil.

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)		Fatty acids							
			Water	Food energy	Protein	Fat	Saturated	Mono-unsaturated	Poly-unsaturated	
Grams			Per cent	Cal-ories	Grams	Grams	Grams	Grams	Grams	
Grain Products—Con.										
Pies, piecrust made with enriched flour, vegetable shortening, 9-inch diam.:										
Pecan:										
491	Whole-----	1 pie-----	825	20	3,450	42	189	28.1	101.5	47.0
492	Piece, 1/6 of pie-----	1 piece-----	138	20	575	7	32	4.7	17.0	7.9
Pumpkin:										
493	Whole-----	1 pie-----	910	59	1,920	36	102	38.2	40.0	18.2
494	Piece, 1/6 of pie-----	1 piece-----	152	59	320	6	17	6.4	6.7	3.0
Pies, fried:										
495	Apple-----	1 pie-----	85	43	255	2	14	5.8	6.6	0.6
496	Cherry-----	1 pie-----	85	42	250	2	14	5.8	6.7	0.6
Popcorn, popped:										
497	Air-popped, unsalted-----	1 cup-----	8	4	30	1	Tr	Tr	0.1	0.2
498	Popped in vegetable oil, salted	1 cup-----	11	3	55	1	3	0.5	1.4	1.2
499	Sugar syrup coated-----	1 cup-----	35	4	135	2	1	0.1	0.3	0.6
Pretzels, made with enriched flour:										
500	Stick, 2-1/4 in long-----	10 pretzels----	3	3	10	Tr	Tr	Tr	Tr	Tr
501	Twisted, dutch, 2-3/4 by 2-5/8 in-----	1 pretzel-----	16	3	65	2	1	0.1	0.2	0.2
502	Twisted, thin, 3-1/4 by 2-1/4 by 1/4 in-----	10 pretzels----	60	3	240	6	2	0.4	0.8	0.6
Rice:										
503	Brown, cooked, served hot-----	1 cup-----	195	70	230	5	1	0.3	0.3	0.4
White, enriched:										
Commercial varieties, all types:										
504	Raw-----	1 cup-----	185	12	670	12	1	0.2	0.2	0.3
505	Cooked, served hot-----	1 cup-----	205	73	225	4	Tr	0.1	0.1	0.1
506	Instant, ready-to-serve, hot Parboiled:	1 cup-----	165	73	180	4	0	0.1	0.1	0.1
507	Raw-----	1 cup-----	185	10	685	14	1	0.1	0.1	0.2
508	Cooked, served hot-----	1 cup-----	175	73	185	4	Tr	Tr	Tr	0.1
Rolls, enriched:										
Commercial:										
509	Dinner, 2-1/2-in diam., 2 in high-----	1 roll-----	28	32	85	2	2	0.5	0.8	0.6
510	Frankfurter and hamburger (8 per 11-1/2-oz pkg.)-----	1 roll-----	40	34	115	3	2	0.5	0.8	0.6
511	Hard, 3-3/4-in diam., 2 in high-----	1 roll-----	50	25	155	5	2	0.4	0.5	0.6
512	Hoagie or submarine, 11-1/2 by 3 by 2-1/2 in-----	1 roll-----	135	31	400	11	8	1.8	3.0	2.2
From home recipe:										
513	Dinner, 2-1/2-in diam., 2 in high-----	1 roll-----	35	26	120	3	3	0.8	1.2	0.9
Spaghetti, enriched, cooked:										
514	Firm stage, "al dente," served hot-----	1 cup-----	130	64	190	7	1	0.1	0.1	0.3
515	Tender stage, served hot-----	1 cup-----	140	73	155	5	1	0.1	0.1	0.2
516	Toaster pastries-----	1 pastry-----	54	13	210	2	6	1.7	3.6	0.4
517	Tortillas, corn-----	1 tortilla-----	30	45	65	2	1	0.1	0.3	0.6
Waffles, made with enriched flour, 7-in diam.:										
518	From home recipe-----	1 waffle-----	75	37	245	7	13	4.0	4.9	2.6
519	From mix, egg and milk added---	1 waffle-----	75	42	205	7	8	2.7	2.9	1.5
Wheat flours:										
All-purpose or family flour, enriched:										
520	Sifted, spooned-----	1 cup-----	115	12	420	12	1	0.2	0.1	0.5
521	Unsifted, spooned-----	1 cup-----	125	12	455	13	1	0.2	0.1	0.5
522	Cake or pastry flour, enriched, sifted, spooned-----	1 cup-----	96	12	350	7	1	0.1	0.1	0.3
523	Self-rising, enriched, unsifted, spooned-----	1 cup-----	125	12	440	12	1	0.2	0.1	0.5
524	Whole-wheat, from hard wheats, stirred-----	1 cup-----	120	12	400	16	2	0.3	0.3	1.1

Nutrients in Indicated Quantity

Cholesterol	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Sodium	Vitamin A value		Thiamin	Riboflavin	Niacin	Ascorbic acid	Item No.
							(IU)	(RE)					
Milli-grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	International units	Retinol equivalents	Milli-grams	Milli-grams	Milli-grams	Milli-grams	
569	423	388	850	27.2	1,015	1,823	1,320	322	1.82	0.99	6.6	0	491
95	71	65	142	4.6	170	305	220	54	0.30	0.17	1.1	0	492
655	223	464	628	8.2	1,456	1,947	22,480	2,493	0.82	1.27	7.3	0	493
109	37	78	105	1.4	243	325	3,750	416	0.14	0.21	1.2	0	494
14	31	12	34	0.9	42	326	30	3	0.09	0.06	1.0	1	495
13	32	11	41	0.7	61	371	190	19	0.06	0.06	0.6	1	496
0	6	1	22	0.2	20	Tr	10	1	0.03	0.01	0.2	0	497
0	6	3	31	0.3	19	86	20	2	0.01	0.02	0.1	0	498
0	30	2	47	0.5	90	Tr	30	3	0.13	0.02	0.4	0	499
0	2	1	3	0.1	3	48	0	0	0.01	0.01	0.1	0	500
0	13	4	15	0.3	16	258	0	0	0.05	0.04	0.7	0	501
0	48	16	55	1.2	61	966	0	0	0.19	0.15	2.6	0	502
0	50	23	142	1.0	137	0	0	0	0.18	0.04	2.7	0	503
0	149	44	174	5.4	170	9	0	0	0.81	0.06	6.5	0	504
0	50	21	57	1.8	57	0	0	0	0.23	0.02	2.1	0	505
0	40	5	31	1.3	0	0	0	0	0.21	0.02	1.7	0	506
0	150	111	370	5.4	278	17	0	0	0.81	0.07	6.5	0	507
0	41	33	100	1.4	75	0	0	0	0.19	0.02	2.1	0	508
Tr	14	33	44	0.8	36	155	Tr	Tr	0.14	0.09	1.1	Tr	509
Tr	20	54	44	1.2	56	241	Tr	Tr	0.20	0.13	1.6	Tr	510
Tr	30	24	46	1.4	49	313	0	0	0.20	0.12	1.7	0	511
Tr	72	100	115	3.8	128	683	0	0	0.54	0.33	4.5	0	512
12	20	16	36	1.1	41	98	30	8	0.12	0.12	1.2	0	513
0	39	14	85	2.0	103	1	0	0	0.23	0.13	1.8	0	514
0	32	11	70	1.7	85	1	0	0	0.20	0.11	1.5	0	515
0	38	104	104	2.2	91	248	520	52	0.17	0.18	2.3	4	516
0	13	42	55	0.6	43	1	80	8	0.05	0.03	0.4	0	517
102	26	154	135	1.5	129	445	140	39	0.18	0.24	1.5	Tr	518
59	27	179	257	1.2	146	515	170	49	0.14	0.23	0.9	Tr	519
0	88	18	100	5.1	109	2	0	0	0.73	0.46	6.1	0	520
0	95	20	109	5.5	119	3	0	0	0.80	0.50	6.6	0	521
0	76	16	70	4.2	91	2	0	0	0.58	0.38	5.1	0	522
0	93	331	583	5.5	113	1,349	0	0	0.80	0.50	6.6	0	523
0	85	49	446	5.2	444	4	0	0	0.66	0.14	5.2	0	524

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)			Fatty acids								
				Water	Food energy	Protein	Fat	Saturated	Mono-unsaturated	Poly-unsaturated		
Legumes, Nuts, and Seeds				Grams	Per cent	Cal-ories	Grams	Grams	Grams	Grams	Grams	
Almonds, shelled:												
525	Slivered, packed-----	1 cup-----	135	4	795	27	70	6.7	45.8	14.8		
526	Whole-----	1 oz-----	28	4	165	6	15	1.4	9.6	3.1		
Beans, dry:												
Cooked, drained:												
527	Black-----	1 cup-----	171	66	225	15	1	0.1	0.1	0.5		
528	Great Northern-----	1 cup-----	180	69	210	14	1	0.1	0.1	0.6		
529	Lima-----	1 cup-----	190	64	260	16	1	0.2	0.1	0.5		
530	Pea (navy)-----	1 cup-----	190	69	225	15	1	0.1	0.1	0.7		
531	Pinto-----	1 cup-----	180	65	265	15	1	0.1	0.1	0.5		
Canned, solids and liquid:												
White with:												
532	Frankfurters (sliced)-----	1 cup-----	255	71	365	19	18	7.4	8.8	0.7		
533	Pork and tomato sauce-----	1 cup-----	255	71	310	16	7	2.4	2.7	0.7		
534	Pork and sweet sauce-----	1 cup-----	255	66	385	16	12	4.3	4.9	1.2		
535	Red kidney-----	1 cup-----	255	76	230	15	1	0.1	0.1	0.6		
536	Black-eyed peas, dry, cooked (with residual cooking liquid)	1 cup-----	250	80	190	13	1	0.2	Tr	0.3		
537	Brazil nuts, shelled-----	1 oz-----	28	3	185	4	19	4.6	6.5	6.8		
538	Carob flour-----	1 cup-----	140	3	255	6	Tr	Tr	0.1	0.1		
Cashew nuts, salted:												
539	Dry roasted-----	1 cup-----	137	2	785	21	63	12.5	37.4	10.7		
540	Roasted in oil-----	1 oz-----	28	2	165	4	13	2.6	7.7	2.2		
541	Roasted in oil-----	1 cup-----	130	4	750	21	63	12.4	36.9	10.6		
542	Roasted in oil-----	1 oz-----	28	4	165	5	14	2.7	8.1	2.3		
543	Chestnuts, European (Italian), roasted, shelled-----	1 cup-----	143	40	350	5	3	0.6	1.1	1.2		
544	Chickpeas, cooked, drained-----	1 cup-----	163	60	270	15	4	0.4	0.9	1.9		
Coconut:												
Raw:												
545	Piece, about 2 by 2 by 1/2 in	1 piece-----	45	47	160	1	15	13.4	0.6	0.2		
546	Shredded or grated-----	1 cup-----	80	47	285	3	27	23.8	1.1	0.3		
547	Dried, sweetened, shredded-----	1 cup-----	93	13	470	3	33	29.3	1.4	0.4		
548	Filberts (hazelnuts), chopped----	1 cup-----	115	5	725	15	72	5.3	56.5	6.9		
549	Filberts (hazelnuts), chopped----	1 oz-----	28	5	180	4	18	1.3	13.9	1.7		
550	Lentils, dry, cooked-----	1 cup-----	200	72	215	16	1	0.1	0.2	0.5		
551	Macadamia nuts, roasted in oil, salted-----	1 cup-----	134	2	960	10	103	15.4	80.9	1.8		
552	Macadamia nuts, roasted in oil, salted-----	1 oz-----	28	2	205	2	22	3.2	17.1	0.4		
Mixed nuts, with peanuts, salted:												
553	Dry roasted-----	1 oz-----	28	2	170	5	15	2.0	8.9	3.1		
554	Roasted in oil-----	1 oz-----	28	2	175	5	16	2.5	9.0	3.8		
555	Peanuts, roasted in oil, salted--	1 cup-----	145	2	840	39	71	9.9	35.5	22.6		
556	Peanuts, roasted in oil, salted--	1 oz-----	28	2	165	8	14	1.9	6.9	4.4		
557	Peanut butter-----	1 tbsp-----	16	1	95	5	8	1.4	4.0	2.5		
558	Peas, split, dry, cooked-----	1 cup-----	200	70	230	16	1	0.1	0.1	0.3		
559	Pecans, halves-----	1 cup-----	108	5	720	8	73	5.9	45.5	18.1		
560	Pecans, halves-----	1 oz-----	28	5	190	2	19	1.5	12.0	4.7		
561	Pine nuts (pinyons), shelled----	1 oz-----	28	6	160	3	17	2.7	6.5	7.3		
562	Pistachio nuts, dried, shelled---	1 oz-----	28	4	165	6	14	1.7	9.3	2.1		
563	Pumpkin and squash kernels, dry, hulled-----	1 oz-----	28	7	155	7	13	2.5	4.0	5.9		
564	Refried beans, canned-----	1 cup-----	290	72	295	18	3	0.4	0.6	1.4		
565	Sesame seeds, dry, hulled-----	1 tbsp-----	8	5	45	2	4	0.6	1.7	1.9		
566	Soybeans, dry, cooked, drained---	1 cup-----	180	71	235	20	10	1.3	1.9	5.3		
Soy products:												
567	Miso-----	1 cup-----	276	53	470	29	13	1.8	2.6	7.3		
568	Tofu, piece 2-1/2 by 2-3/4 by 1 in-----	1 piece-----	120	85	85	9	5	0.7	1.0	2.9		
569	Sunflower seeds, dry, hulled----	1 oz-----	28	5	160	6	14	1.5	2.7	9.3		
570	Tahini-----	1 tbsp-----	15	3	90	3	8	1.1	3.0	3.5		

⁴¹Cashews without salt contain 21 mg sodium per cup or 4 mg per oz.

⁴²Cashews without salt contain 22 mg sodium per cup or 5 mg per oz.

⁴³Macadamia nuts without salt contain 9 mg sodium per cup or 2 mg per oz.

Nutrients in Indicated Quantity													
Cholesterol	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Sodium	Vitamin A value		Thiamin	Riboflavin	Niacin	Ascorbic acid	Item No.
Milli-grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	(IU)	(RE)	Milli-grams	Milli-grams	Milli-grams	Milli-grams	
0	28	359	702	4.9	988	15	0	0	0.28	1.05	4.5	1	525
0	6	75	147	1.0	208	3	0	0	0.06	0.22	1.0	Tr	526
0	41	47	239	2.9	608	1	Tr	Tr	0.43	0.05	0.9	0	527
0	38	90	266	4.9	749	13	0	0	0.25	0.13	1.3	0	528
0	49	55	293	5.9	1,163	4	0	0	0.25	0.11	1.3	0	529
0	40	95	281	5.1	790	13	0	0	0.27	0.13	1.3	0	530
0	49	86	296	5.4	882	3	Tr	Tr	0.33	0.16	0.7	0	531
30	32	94	303	4.8	668	1,374	330	33	0.18	0.15	3.3	Tr	532
10	48	138	235	4.6	536	1,181	330	33	0.20	0.08	1.5	5	533
10	54	161	291	5.9	536	969	330	33	0.15	0.10	1.3	5	534
0	42	74	278	4.6	673	968	10	1	0.13	0.10	1.5	0	535
0	35	43	238	3.3	573	20	30	3	0.40	0.10	1.0	0	536
0	4	50	170	1.0	170	1	Tr	Tr	0.28	0.03	0.5	Tr	537
0	126	390	102	5.7	1,275	24	Tr	Tr	0.07	0.07	2.2	Tr	538
0	45	62	671	8.2	774	⁴¹ 877	0	0	0.27	0.27	1.9	0	539
0	9	13	139	1.7	160	⁴¹ 181	0	0	0.06	0.06	0.4	0	540
0	37	53	554	5.3	689	⁴² 814	0	0	0.55	0.23	2.3	0	541
0	8	12	121	1.2	150	⁴² 177	0	0	0.12	0.05	0.5	0	542
0	76	41	153	1.3	847	3	30	3	0.35	0.25	1.9	37	543
0	45	80	273	4.9	475	11	Tr	Tr	0.18	0.09	0.9	0	544
0	7	6	51	1.1	160	9	0	0	0.03	0.01	0.2	1	545
0	12	11	90	1.9	285	16	0	0	0.05	0.02	0.4	3	546
0	44	14	99	1.8	313	244	0	0	0.03	0.02	0.4	1	547
0	18	216	359	3.8	512	3	80	8	0.58	0.13	1.3	1	548
0	4	53	88	0.9	126	1	20	2	0.14	0.03	0.3	Tr	549
0	38	50	238	4.2	498	26	40	4	0.14	0.12	1.2	0	550
0	17	60	268	2.4	441	⁴³ 348	10	1	0.29	0.15	2.7	0	551
0	4	13	57	0.5	93	⁴³ 74	Tr	Tr	0.06	0.03	0.6	0	552
0	7	20	123	1.0	169	⁴⁴ 190	Tr	Tr	0.06	0.06	1.3	0	553
0	6	31	131	0.9	165	⁴⁴ 185	10	1	0.14	0.06	1.4	Tr	554
0	27	125	734	2.8	1,019	⁴⁵ 626	0	0	0.42	0.15	21.5	0	555
0	5	24	143	0.5	199	⁴⁵ 122	0	0	0.08	0.03	4.2	0	556
0	3	5	60	0.3	110	75	0	0	0.02	0.02	2.2	0	557
0	42	22	178	3.4	592	26	80	8	0.30	0.18	1.8	0	558
0	20	39	314	2.3	423	1	140	14	0.92	0.14	1.0	2	559
0	5	10	83	0.6	111	Tr	40	4	0.24	0.04	0.3	1	560
0	5	2	10	0.9	178	20	10	1	0.35	0.06	1.2	1	561
0	7	38	143	1.9	310	2	70	7	0.23	0.05	0.3	Tr	562
0	5	12	333	4.2	229	5	110	11	0.06	0.09	0.5	Tr	563
0	51	141	245	5.1	1,141	1,228	0	0	0.14	0.16	1.4	17	564
0	1	11	62	0.6	33	3	10	1	0.06	0.01	0.4	0	565
0	19	131	322	4.9	972	4	50	5	0.38	0.16	1.1	0	566
0	65	188	853	4.7	922	8,142	110	11	0.17	0.28	0.8	0	567
0	3	108	151	2.3	50	8	0	0	0.07	0.04	0.1	0	568
0	5	33	200	1.9	195	1	10	1	0.65	0.07	1.3	Tr	569
0	3	21	119	0.7	69	5	10	1	0.24	0.02	0.8	1	570

⁴⁴Mixed nuts without salt contain 3 mg sodium per oz.

⁴⁵Peanuts without salt contain 22 mg sodium per cup or 4 mg per oz.

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)			Water	Food energy	Protein	Fat	Fatty acids		
								Saturated	Mono-unsaturated	Poly-unsaturated
			Grams	Per-cent	Cal-ories	Grams	Grams	Grams	Grams	Grams
Legumes, Nuts, and Seeds—Con.										
Walnuts:										
571	Black, chopped-----	1 cup-----	125	4	760	30	71	4.5	15.9	46.9
572		1 oz-----	28	4	170	7	16	1.0	3.6	10.6
573	English or Persian, pieces or chips-----	1 cup-----	120	4	770	17	74	6.7	17.0	47.0
574		1 oz-----	28	4	180	4	18	1.6	4.0	11.1
Meat and Meat Products										
Beef, cooked: ⁴⁶										
Cuts braised, simmered, or pot roasted:										
Relatively fat such as chuck blade:										
575	Lean and fat, piece, 2-1/2 by 2-1/2 by 3/4 in-----	3 oz-----	85	43	325	22	26	10.8	11.7	0.9
576	Lean only from item 575----	2.2 oz-----	62	53	170	19	9	3.9	4.2	0.3
Relatively lean, such as bottom round:										
577	Lean and fat, piece, 4-1/8 by 2-1/4 by 1/2 in-----	3 oz-----	85	54	220	25	13	4.8	5.7	0.5
578	Lean only from item 577----	2.8 oz-----	78	57	175	25	8	2.7	3.4	0.3
Ground beef, broiled, patty, 3 by 5/8 in:										
579	Lean-----	3 oz-----	85	56	230	21	16	6.2	6.9	0.6
580	Regular-----	3 oz-----	85	54	245	20	18	6.9	7.7	0.7
581	Heart, lean, braised-----	3 oz-----	85	65	150	24	5	1.2	0.8	1.6
582	Liver, fried, slice, 6-1/2 by 2-3/8 by 3/8 in ⁴⁷ -----	3 oz-----	85	56	185	23	7	2.5	3.6	1.3
Roast, oven cooked, no liquid added:										
Relatively fat, such as rib:										
583	Lean and fat, 2 pieces, 4-1/8 by 2-1/4 by 1/4 in-----	3 oz-----	85	46	315	19	26	10.8	11.4	0.9
584	Lean only from item 583----	2.2 oz-----	61	57	150	17	9	3.6	3.7	0.3
Relatively lean, such as eye of round:										
585	Lean and fat, 2 pieces, 2-1/2 by 2-1/2 by 3/8 in-----	3 oz-----	85	57	205	23	12	4.9	5.4	0.5
586	Lean only from item 585----	2.6 oz-----	75	63	135	22	5	1.9	2.1	0.2
Steak:										
Sirloin, broiled:										
587	Lean and fat, piece, 2-1/2 by 2-1/2 by 3/4 in-----	3 oz-----	85	53	240	23	15	6.4	6.9	0.6
588	Lean only from item 587----	2.5 oz-----	72	59	150	22	6	2.6	2.8	0.3
589	Beef, canned, corned-----	3 oz-----	85	59	185	22	10	4.2	4.9	0.4
590	Beef, dried, chipped-----	2.5 oz-----	72	48	145	24	4	1.8	2.0	0.2
Lamb, cooked:										
Chops, (3 per lb with bone):										
Arm, braised:										
591	Lean and fat-----	2.2 oz-----	63	44	220	20	15	6.9	6.0	0.9
592	Lean only from item 591----	1.7 oz-----	48	49	135	17	7	2.9	2.6	0.4
Loin, broiled:										
593	Lean and fat-----	2.8 oz-----	80	54	235	22	16	7.3	6.4	1.0
594	Lean only from item 593----	2.3 oz-----	64	61	140	19	6	2.6	2.4	0.4
Leg, roasted:										
595	Lean and fat, 2 pieces, 4-1/8 by 2-1/4 by 1/4 in-----	3 oz-----	85	59	205	22	13	5.6	4.9	0.8
596	Lean only from item 595----	2.6 oz-----	73	64	140	20	6	2.4	2.2	0.4
Rib, roasted:										
597	Lean and fat, 3 pieces, 2-1/2 by 2-1/2 by 1/4 in-----	3 oz-----	85	47	315	18	26	12.1	10.6	1.5
598	Lean only from item 597----	2 oz-----	57	60	130	15	7	3.2	3.0	0.5

⁴⁶Outer layer of fat was removed to within approximately 1/2 inch of the lean. Deposits of fat within the cut were not removed.⁴⁷Fried in vegetable shortening.

Nutrients in Indicated Quantity

Cholesterol	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Sodium	Vitamin A value		Thiamin	Riboflavin	Niacin	Ascorbic acid	Item No.
							(IU)	(RE)					
Milligrams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	International units	Retinol equivalents	Milligrams	Milligrams	Milligrams	Milligrams	
0	15	73	580	3.8	655	1	370	37	0.27	0.14	0.9	Tr	571
0	3	16	132	0.9	149	Tr	80	8	0.06	0.03	0.2	Tr	572
0	22	113	380	2.9	602	12	150	15	0.46	0.18	1.3	4	573
0	5	27	90	0.7	142	3	40	4	0.11	0.04	0.3	1	574
87	0	11	163	2.5	163	53	Tr	Tr	0.06	0.19	2.0	0	575
66	0	8	146	2.3	163	44	Tr	Tr	0.05	0.17	1.7	0	576
81	0	5	217	2.8	248	43	Tr	Tr	0.06	0.21	3.3	0	577
75	0	4	212	2.7	240	40	Tr	Tr	0.06	0.20	3.0	0	578
74	0	9	134	1.8	256	65	Tr	Tr	0.04	0.18	4.4	0	579
76	0	9	144	2.1	248	70	Tr	Tr	0.03	0.16	4.9	0	580
164	0	5	213	6.4	198	54	Tr	Tr	0.12	1.31	3.4	5	581
410	7	9	392	5.3	309	90	⁴⁸ 30,690	⁴⁸ 9,120	0.18	3.52	12.3	23	582
72	0	8	145	2.0	246	54	Tr	Tr	0.06	0.16	3.1	0	583
49	0	5	127	1.7	218	45	Tr	Tr	0.05	0.13	2.7	0	584
62	0	5	177	1.6	308	50	Tr	Tr	0.07	0.14	3.0	0	585
52	0	3	170	1.5	297	46	Tr	Tr	0.07	0.13	2.8	0	586
77	0	9	186	2.6	306	53	Tr	Tr	0.10	0.23	3.3	0	587
64	0	8	176	2.4	290	48	Tr	Tr	0.09	0.22	3.1	0	588
80	0	17	90	3.7	51	802	Tr	Tr	0.02	0.20	2.9	0	589
46	0	14	287	2.3	142	3,053	Tr	Tr	0.05	0.23	2.7	0	590
77	0	16	132	1.5	195	46	Tr	Tr	0.04	0.16	4.4	0	591
59	0	12	111	1.3	162	36	Tr	Tr	0.03	0.13	3.0	0	592
78	0	16	162	1.4	272	62	Tr	Tr	0.09	0.21	5.5	0	593
60	0	12	145	1.3	241	54	Tr	Tr	0.08	0.18	4.4	0	594
78	0	8	162	1.7	273	57	Tr	Tr	0.09	0.24	5.5	0	595
65	0	6	150	1.5	247	50	Tr	Tr	0.08	0.20	4.6	0	596
77	0	19	139	1.4	224	60	Tr	Tr	0.08	0.18	5.5	0	597
50	0	12	111	1.0	179	46	Tr	Tr	0.05	0.13	3.5	0	598

⁴⁸ Value varies widely.

Table 2. Nutritive Value of the Edible Part of Food (Continued)
(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)	Grams	Water	Food energy	Protein	Fat	Fatty acids		
							Saturated	Mono-unsaturated	Poly-unsaturated
		Grams	Per cent	Cal-ories	Grams	Grams	Grams	Grams	Grams
Meat and Meat Products—Con.									
	Pork, cured, cooked:								
	Bacon:								
599	Regular----- 3 medium slices	19	13	110	6	9	3.3	4.5	1.1
600	Canadian-style----- 2 slices-----	46	62	85	11	4	1.3	1.9	0.4
	Ham, light cure, roasted:								
601	Lean and fat, 2 pieces, 4-1/8 by 2-1/4 by 1/4 in----- 3 oz-----	85	58	205	18	14	5.1	6.7	1.5
602	Lean only from item 601----- 2.4 oz-----	68	66	105	17	4	1.3	1.7	0.4
603	Ham, canned, roasted, 2 pieces, 4-1/8 by 2-1/4 by 1/4 in----- 3 oz-----	85	67	140	18	7	2.4	3.5	0.8
	Luncheon meat:								
604	Canned, spiced or unspiced, slice, 3 by 2 by 1/2 in----- 2 slices-----	42	52	140	5	13	4.5	6.0	1.5
605	Chopped ham (8 slices per 6 oz pkg)----- 2 slices-----	42	64	95	7	7	2.4	3.4	0.9
	Cooked ham (8 slices per 8-oz pkg):								
606	Regular----- 2 slices-----	57	65	105	10	6	1.9	2.8	0.7
607	Extra lean----- 2 slices-----	57	71	75	11	3	0.9	1.3	0.3
	Pork, fresh, cooked:								
	Chop, loin (cut 3 per lb with bone):								
	Broiled:								
608	Lean and fat----- 3.1 oz-----	87	50	275	24	19	7.0	8.8	2.2
609	Lean only from item 608----- 2.5 oz-----	72	57	165	23	8	2.6	3.4	0.9
	Pan fried:								
610	Lean and fat----- 3.1 oz-----	89	45	335	21	27	9.8	12.5	3.1
611	Lean only from item 610----- 2.4 oz-----	67	54	180	19	11	3.7	4.8	1.3
	Ham (leg), roasted:								
612	Lean and fat, piece, 2-1/2 by 2-1/2 by 3/4 in----- 3 oz-----	85	53	250	21	18	6.4	8.1	2.0
613	Lean only from item 612----- 2.5 oz-----	72	60	160	20	8	2.7	3.6	1.0
	Rib, roasted:								
614	Lean and fat, piece, 2-1/2 by 3/4 in----- 3 oz-----	85	51	270	21	20	7.2	9.2	2.3
615	Lean only from item 614----- 2.5 oz-----	71	57	175	20	10	3.4	4.4	1.2
	Shoulder cut, braised:								
616	Lean and fat, 3 pieces, 2-1/2 by 2-1/2 by 1/4 in----- 3 oz-----	85	47	295	23	22	7.9	10.0	2.4
617	Lean only from item 616----- 2.4 oz-----	67	54	165	22	8	2.8	3.7	1.0
	Sausages (See also Luncheon meats, items 604-607):								
618	Bologna, slice (8 per 8-oz pkg) 2 slices-----	57	54	180	7	16	6.1	7.6	1.4
619	Braunschweiger, slice (6 per 6-oz pkg)----- 2 slices-----	57	48	205	8	18	6.2	8.5	2.1
620	Brown and serve (10-11 per 8-oz pkg), browned----- 1 link-----	13	45	50	2	5	1.7	2.2	0.5
621	Frankfurter (10 per 1-lb pkg), cooked (reheated)----- 1 frankfurter---	45	54	145	5	13	4.8	6.2	1.2
622	Pork link (16 per 1-lb pkg), cooked ⁴⁹ ----- 1 link-----	13	45	50	3	4	1.4	1.8	0.5
	Salami:								
623	Cooked type, slice (8 per 8-oz pkg)----- 2 slices-----	57	60	145	8	11	4.6	5.2	1.2
624	Dry type, slice (12 per 4-oz pkg)----- 2 slices-----	20	35	85	5	7	2.4	3.4	0.6
625	Sandwich spread (pork, beef)--- 1 tbsp-----	15	60	35	1	3	0.9	1.1	0.4
626	Vienna sausage (7 per 4-oz can) 1 sausage-----	16	60	45	2	4	1.5	2.0	0.3
	Veal, medium fat, cooked, bone removed:								
627	Cutlet, 4-1/8 by 2-1/4 by 1/2 in, braised or broiled----- 3 oz-----	85	60	185	23	9	4.1	4.1	0.6
628	Rib, 2 pieces, 4-1/8 by 2-1/4 by 1/4 in, roasted----- 3 oz-----	85	55	230	23	14	6.0	6.0	1.0

⁴⁹Contains added sodium ascorbate. If sodium ascorbate is not added, ascorbic acid content is negligible.

Nutrients in Indicated Quantity													
Cholesterol	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Sodium	Vitamin A value		Thiamin	Riboflavin	Niacin	Ascorbic acid	Item No.
							(IU)	(RE)					
Milligrams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	International units	Retinol equivalents	Milligrams	Milligrams	Milligrams	Milligrams	
16	Tr	2	64	0.3	92	303	0	0	0.13	0.05	1.4	6	599
27	1	5	136	0.4	179	711	0	0	0.38	0.09	3.2	10	600
53	0	6	182	0.7	243	1,009	0	0	0.51	0.19	3.8	0	601
37	0	5	154	0.6	215	902	0	0	0.46	0.17	3.4	0	602
35	Tr	6	188	0.9	298	908	0	0	0.82	0.21	4.3	⁴⁹ 19	603
26	1	3	34	0.3	90	541	0	0	0.15	0.08	1.3	Tr	604
21	0	3	65	0.3	134	576	0	0	0.27	0.09	1.6	⁴⁹ 8	605
32	2	4	141	0.6	189	751	0	0	0.49	0.14	3.0	⁴⁹ 16	606
27	1	4	124	0.4	200	815	0	0	0.53	0.13	2.8	⁴⁹ 15	607
84	0	3	184	0.7	312	61	10	3	0.87	0.24	4.3	Tr	608
71	0	4	176	0.7	302	56	10	1	0.83	0.22	4.0	Tr	609
92	0	4	190	0.7	323	64	10	3	0.91	0.24	4.6	Tr	610
72	0	3	178	0.7	305	57	10	1	0.84	0.22	4.0	Tr	611
79	0	5	210	0.9	280	50	10	2	0.54	0.27	3.9	Tr	612
68	0	5	202	0.8	269	46	10	1	0.50	0.25	3.6	Tr	613
69	0	9	190	0.8	313	37	10	3	0.50	0.24	4.2	Tr	614
56	0	8	182	0.7	300	33	10	2	0.45	0.22	3.8	Tr	615
93	0	6	162	1.4	286	75	10	3	0.46	0.26	4.4	Tr	616
76	0	5	151	1.3	271	68	10	1	0.40	0.24	4.0	Tr	617
31	2	7	52	0.9	103	581	0	0	0.10	0.08	1.5	⁴⁹ 12	618
89	2	5	96	5.3	113	652	8,010	2,405	0.14	0.87	4.8	⁴⁹ 6	619
9	Tr	1	14	0.1	25	105	0	0	0.05	0.02	0.4	0	620
23	1	5	39	0.5	75	504	0	0	0.09	0.05	1.2	⁴⁹ 12	621
11	Tr	4	24	0.2	47	168	0	0	0.10	0.03	0.6	Tr	622
37	1	7	66	1.5	113	607	0	0	0.14	0.21	2.0	⁴⁹ 7	623
16	1	2	28	0.3	76	372	0	0	0.12	0.06	1.0	⁴⁹ 5	624
6	2	2	9	0.1	17	152	10	1	0.03	0.02	0.3	0	625
8	Tr	2	8	0.1	16	152	0	0	0.01	0.02	0.3	0	626
109	0	9	196	0.8	258	56	Tr	Tr	0.06	0.21	4.6	0	627
109	0	10	211	0.7	259	57	Tr	Tr	0.11	0.26	6.6	0	628

⁵⁰One patty (8 per pound) of bulk sausage is equivalent to 2 links.

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)			Fatty acids							
				Water	Food energy	Protein	Fat	Saturated	Mono-unsaturated	Poly-unsaturated	
Mixed Dishes and Fast Foods				Grams	Per-cent	Cal-ories	Grams	Grams	Grams	Grams	Grams
Mixed dishes:											
629	Beef and vegetable stew, from home recipe-----	1 cup-----	245	82	220	16	11	4.4	4.5	0.5	
630	Beef potpie, from home recipe, baked, piece, 1/3 of 9-in diam. pie ⁵¹ -----	1 piece-----	210	55	515	21	30	7.9	12.9	7.4	
631	Chicken a la king, cooked, from home recipe-----	1 cup-----	245	68	470	27	34	12.9	13.4	6.2	
632	Chicken and noodles, cooked, from home recipe-----	1 cup-----	240	71	365	22	18	5.1	7.1	3.9	
Chicken chow mein:											
633	Canned-----	1 cup-----	250	89	95	7	Tr	0.1	0.1	0.8	
634	From home recipe-----	1 cup-----	250	78	255	31	10	4.1	4.9	3.5	
635	Chicken potpie, from home recipe, baked, piece, 1/3 of 9-in diam. pie ⁵¹ -----	1 piece-----	232	57	545	23	31	10.3	15.5	6.6	
636	Chili con carne with beans, canned-----	1 cup-----	255	72	340	19	16	5.8	7.2	1.0	
637	Chop suey with beef and pork, from home recipe-----	1 cup-----	250	75	300	26	17	4.3	7.4	4.2	
Macaroni (enriched) and cheese:											
638	Canned ⁵² -----	1 cup-----	240	80	230	9	10	4.7	2.9	1.3	
639	From home recipe ³⁸ -----	1 cup-----	200	58	430	17	22	9.8	7.4	3.6	
640	Quiche Lorraine, 1/8 of 8-in diam. quiche ⁵¹ -----	1 slice-----	176	47	600	13	48	23.2	17.8	4.1	
Spaghetti (enriched) in tomato sauce with cheese:											
641	Canned-----	1 cup-----	250	80	190	6	2	0.4	0.4	0.5	
642	From home recipe-----	1 cup-----	250	77	260	9	9	3.0	3.6	1.2	
Spaghetti (enriched) with meatballs and tomato sauce:											
643	Canned-----	1 cup-----	250	78	260	12	10	2.4	3.9	3.1	
644	From home recipe-----	1 cup-----	248	70	330	19	12	3.9	4.4	2.2	
Fast food entrees:											
Cheeseburger:											
645	Regular-----	1 sandwich-----	112	46	300	15	15	7.3	5.6	1.0	
646	4 oz patty-----	1 sandwich-----	194	46	525	30	31	15.1	12.2	1.4	
Chicken, fried. See Poultry and Poultry Products (items 656-659).											
647	Enchilada-----	1 enchilada-----	230	72	235	20	16	7.7	6.7	0.6	
648	English muffin, egg, cheese, and bacon-----	1 sandwich-----	138	49	360	18	18	8.0	8.0	0.7	
Fish sandwich:											
649	Regular, with cheese-----	1 sandwich-----	140	43	420	16	23	6.3	6.9	7.7	
650	Large, without cheese-----	1 sandwich-----	170	48	470	18	27	6.3	8.7	9.5	
Hamburger:											
651	Regular-----	1 sandwich-----	98	46	245	12	11	4.4	5.3	0.5	
652	4 oz patty-----	1 sandwich-----	174	50	445	25	21	7.1	11.7	0.6	
653	Pizza, cheese, 1/8 of 15-in diam. pizza ⁵¹ -----	1 slice-----	120	46	290	15	9	4.1	2.6	1.3	
654	Roast beef sandwich-----	1 sandwich-----	150	52	345	22	13	3.5	6.9	1.8	
655	Taco-----	1 taco-----	81	55	195	9	11	4.1	5.5	0.8	

³⁸Made with margarine.

⁵¹Crust made with vegetable shortening and enriched flour.

Nutrients in Indicated Quantity

Cholesterol	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Sodium	Vitamin A value		Thiamin	Riboflavin	Niacin	Ascorbic acid	Item No.
							(IU)	(RE)					
Milli-grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	International units	Retinol equivalents	Milli-grams	Milli-grams	Milli-grams	Milli-grams	
71	15	29	184	2.9	613	292	5,690	568	0.15	0.17	4.7	17	629
42	39	29	149	3.8	334	596	4,220	517	0.29	0.29	4.8	6	630
221	12	127	358	2.5	404	760	1,130	272	0.10	0.42	5.4	12	631
103	26	26	247	2.2	149	600	430	130	0.05	0.17	4.3	Tr	632
8	18	45	85	1.3	418	725	150	28	0.05	0.10	1.0	13	633
75	10	58	293	2.5	473	718	280	50	0.08	0.23	4.3	10	634
56	42	70	232	3.0	343	594	7,220	735	0.32	0.32	4.9	5	635
28	31	82	321	4.3	594	1,354	150	15	0.08	0.18	3.3	8	636
68	13	60	248	4.8	425	1,053	600	60	0.28	0.38	5.0	33	637
24	26	199	182	1.0	139	730	260	72	0.12	0.24	1.0	Tr	638
44	40	362	322	1.8	240	1,086	860	232	0.20	0.40	1.8	1	639
285	29	211	276	1.0	283	653	1,640	454	0.11	0.32	Tr	Tr	640
3	39	40	88	2.8	303	955	930	120	0.35	0.28	4.5	10	641
8	37	80	135	2.3	408	955	1,080	140	0.25	0.18	2.3	13	642
23	29	53	113	3.3	245	1,220	1,000	100	0.15	0.18	2.3	5	643
89	39	124	236	3.7	665	1,009	1,590	159	0.25	0.30	4.0	22	644
44	28	135	174	2.3	219	672	340	65	0.26	0.24	3.7	1	645
104	40	236	320	4.5	407	1,224	670	128	0.33	0.48	7.4	3	646
19	24	97	198	3.3	653	1,332	2,720	352	0.18	0.26	Tr	Tr	647
213	31	197	290	3.1	201	832	650	160	0.46	0.50	3.7	1	648
56	39	132	223	1.8	274	667	160	25	0.32	0.26	3.3	2	649
91	41	61	246	2.2	375	621	110	15	0.35	0.23	3.5	1	650
32	28	56	107	2.2	202	463	80	14	0.23	0.24	3.8	1	651
71	38	75	225	4.8	404	763	160	28	0.38	0.38	7.8	1	652
56	39	220	216	1.6	230	699	750	106	0.34	0.29	4.2	2	653
55	34	60	222	4.0	338	757	240	32	0.40	0.33	6.0	2	654
21	15	109	134	1.2	263	456	420	57	0.09	0.07	1.4	1	655

⁵²Made with corn oil.

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)	Grams	Water	Food energy	Pro-tein	Fat	Fatty acids			
							Satu-rated	Mono-unsatu-rated	Poly-unsatu-rated	
Poultry and Poultry Products		Grams	Per-cent	Cal-ories	Grams	Grams	Grams	Grams	Grams	
Chicken:										
Fried, flesh, with skin: ⁵³										
Batter dipped:										
656	Breast, 1/2 breast (5.6 oz with bones)-----	4.9 oz-----	140	52	365	35	18	4.9	7.6	4.3
657	Drumstick (3.4 oz with bones)-----	2.5 oz-----	72	53	195	16	11	3.0	4.6	2.7
Flour coated:										
658	Breast, 1/2 breast (4.2 oz with bones)-----	3.5 oz-----	98	57	220	31	9	2.4	3.4	1.9
659	Drumstick (2.6 oz with bones)-----	1.7 oz-----	49	57	120	13	7	1.8	2.7	1.6
Roasted, flesh only:										
660	Breast, 1/2 breast (4.2 oz with bones and skin)-----	3.0 oz-----	86	65	140	27	3	0.9	1.1	0.7
661	Drumstick, (2.9 oz with bones and skin)-----	1.6 oz-----	44	67	75	12	2	0.7	0.8	0.6
662	Stewed, flesh only, light and dark meat, chopped or diced--	1 cup-----	140	67	250	38	9	2.6	3.3	2.2
663	Chicken liver, cooked-----	1 liver-----	20	68	30	5	1	0.4	0.3	0.2
664	Duck, roasted, flesh only-----	1/2 duck-----	221	64	445	52	25	9.2	8.2	3.2
Turkey, roasted, flesh only:										
665	Dark meat, piece, 2-1/2 by 1-5/8 by 1/4 in-----	4 pieces-----	85	63	160	24	6	2.1	1.4	1.8
666	Light meat, piece, 4 by 2 by 1/4 in-----	2 pieces-----	85	66	135	25	3	0.9	0.5	0.7
667	Light and dark meat: Chopped or diced-----	1 cup-----	140	65	240	41	7	2.3	1.4	2.0
668	Pieces (1 slice white meat, 4 by 2 by 1/4 in and 2 slices dark meat, 2-1/2 by 1-5/8 by 1/4 in)-----	3 pieces-----	85	65	145	25	4	1.4	0.9	1.2
Poultry food products:										
Chicken:										
669	Canned, boneless-----	5 oz-----	142	69	235	31	11	3.1	4.5	2.5
670	Frankfurter (10 per 1-lb pkg)	1 frankfurter---	45	58	115	6	9	2.5	3.8	1.8
671	Roll, light (6 slices per 6 oz pkg)-----	2 slices-----	57	69	90	11	4	1.1	1.7	0.9
Turkey:										
672	Gravy and turkey, frozen----	5-oz package----	142	85	95	8	4	1.2	1.4	0.7
673	Ham, cured turkey thigh meat (8 slices per 8-oz pkg)----	2 slices-----	57	71	75	11	3	1.0	0.7	0.9
674	Loaf, breast meat (8 slices per 6-oz pkg)-----	2 slices-----	42	72	45	10	1	0.2	0.2	0.1
675	Patties, breaded, battered, fried (2.25 oz)-----	1 patty-----	64	50	180	9	12	3.0	4.8	3.0
676	Roast, boneless, frozen, seasoned, light and dark meat, cooked-----	3 oz-----	85	68	130	18	5	1.6	1.0	1.4
Soups, Sauces, and Gravies										
Soups:										
Canned, condensed:										
Prepared with equal volume of milk:										
677	Clam chowder, New England--	1 cup-----	248	85	165	9	7	3.0	2.3	1.1
678	Cream of chicken-----	1 cup-----	248	85	190	7	11	4.6	4.5	1.6
679	Cream of mushroom-----	1 cup-----	248	85	205	6	14	5.1	3.0	4.6
680	Tomato-----	1 cup-----	248	85	160	6	6	2.9	1.6	1.1

⁵³ Fried in vegetable shortening.

Nutrients in Indicated Quantity													
Choles- terol	Carbo- hydrate	Calcium	Phos- phorus	Iron	Potas- sium	Sodium	Vitamin A value		Thiamin	Ribo- flavin	Niacin	Ascorbic acid	Item No.
							(IU)	(RE)					
Milli- grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Inter- national units	Retinol equiva- lents	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
119	13	28	259	1.8	281	385	90	28	0.16	0.20	14.7	0	656
62	6	12	106	1.0	134	194	60	19	0.08	0.15	3.7	0	657
87	2	16	228	1.2	254	74	50	15	0.08	0.13	13.5	0	658
44	1	6	86	0.7	112	44	40	12	0.04	0.11	3.0	0	659
73	0	13	196	0.9	220	64	20	5	0.06	0.10	11.8	0	660
41	0	5	81	0.6	108	42	30	8	0.03	0.10	2.7	0	661
116	0	20	210	1.6	252	98	70	21	0.07	0.23	8.6	0	662
126	Tr	3	62	1.7	28	10	3,270	983	0.03	0.35	0.9	3	663
197	0	27	449	6.0	557	144	170	51	0.57	1.04	11.3	0	664
72	0	27	173	2.0	246	67	0	0	0.05	0.21	3.1	0	665
59	0	16	186	1.1	259	54	0	0	0.05	0.11	5.8	0	666
106	0	35	298	2.5	417	98	0	0	0.09	0.25	7.6	0	667
65	0	21	181	1.5	253	60	0	0	0.05	0.15	4.6	0	668
88	0	20	158	2.2	196	714	170	48	0.02	0.18	9.0	3	669
45	3	43	48	0.9	38	616	60	17	0.03	0.05	1.4	0	670
28	1	24	89	0.6	129	331	50	14	0.04	0.07	3.0	0	671
26	7	20	115	1.3	87	787	60	18	0.03	0.18	2.6	0	672
32	Tr	6	108	1.6	184	565	0	0	0.03	0.14	2.0	0	673
17	0	3	97	0.2	118	608	0	0	0.02	0.05	3.5	⁵⁴ 0	674
40	10	9	173	1.4	176	512	20	7	0.06	0.12	1.5	0	675
45	3	4	207	1.4	253	578	0	0	0.04	0.14	5.3	0	676
22	17	186	156	1.5	300	992	160	40	0.07	0.24	1.0	3	677
27	15	181	151	0.7	273	1,047	710	94	0.07	0.26	0.9	1	678
20	15	179	156	0.6	270	1,076	150	37	0.08	0.28	0.9	2	679
17	22	159	149	1.8	449	932	850	109	0.13	0.25	1.5	68	680

⁵⁴If sodium ascorbate is added, product contains 11 mg ascorbic acid.

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)		Grams	Water	Food energy	Protein	Fat	Fatty acids		
								Saturated	Mono-unsaturated	Poly-unsaturated
Soups, Sauces, and Gravies—Con.										
Soups:										
Canned, condensed:										
Prepared with equal volume of water:										
681	Bean with bacon-----	1 cup-----	253	84	170	8	6	1.5	2.2	1.8
682	Beef broth, bouillon, consomme-----	1 cup-----	240	98	15	3	1	0.3	0.2	Tr
683	Beef noodle-----	1 cup-----	244	92	85	5	3	1.1	1.2	0.5
684	Chicken noodle-----	1 cup-----	241	92	75	4	2	0.7	1.1	0.6
685	Chicken rice-----	1 cup-----	241	94	60	4	2	0.5	0.9	0.4
686	Clam chowder, Manhattan----	1 cup-----	244	90	80	4	2	0.4	0.4	1.3
687	Cream of chicken-----	1 cup-----	244	91	115	3	7	2.1	3.3	1.5
688	Cream of mushroom-----	1 cup-----	244	90	130	2	9	2.4	1.7	4.2
689	Minestrone-----	1 cup-----	241	91	80	4	3	0.6	0.7	1.1
690	Pea, green-----	1 cup-----	250	83	165	9	3	1.4	1.0	0.4
691	Tomato-----	1 cup-----	244	90	85	2	2	0.4	0.4	1.0
692	Vegetable beef-----	1 cup-----	244	92	80	6	2	0.9	0.8	0.1
693	Vegetarian-----	1 cup-----	241	92	70	2	2	0.3	0.8	0.7
Dehydrated:										
Unprepared:										
694	Bouillon-----	1 pkt-----	6	3	15	1	1	0.3	0.2	Tr
695	Onion-----	1 pkt-----	7	4	20	1	Tr	0.1	0.2	Tr
Prepared with water:										
696	Chicken noodle-----	1 pkt (6-fl-oz)	188	94	40	2	1	0.2	0.4	0.3
697	Onion-----	1 pkt (6-fl-oz)	184	96	20	1	Tr	0.1	0.2	0.1
698	Tomato vegetable-----	1 pkt (6-fl-oz)	189	94	40	1	1	0.3	0.2	0.1
Sauces:										
From dry mix:										
699	Cheese, prepared with milk---	1 cup-----	279	77	305	16	17	9.3	5.3	1.6
700	Hollandaise, prepared with water-----	1 cup-----	259	84	240	5	20	11.6	5.9	0.9
701	White sauce, prepared with milk-----	1 cup-----	264	81	240	10	13	6.4	4.7	1.7
From home recipe:										
702	White sauce, medium ⁵⁵ -----	1 cup-----	250	73	395	10	30	9.1	11.9	7.2
Ready to serve:										
703	Barbecue-----	1 tbsp-----	16	81	10	Tr	Tr	Tr	0.1	0.1
704	Soy-----	1 tbsp-----	18	68	10	2	0	0.0	0.0	0.0
Gravies:										
Canned:										
705	Beef-----	1 cup-----	233	87	125	9	5	2.7	2.3	0.2
706	Chicken-----	1 cup-----	238	85	190	5	14	3.4	6.1	3.6
707	Mushroom-----	1 cup-----	238	89	120	3	6	1.0	2.8	2.4
From dry mix:										
708	Brown-----	1 cup-----	261	91	80	3	2	0.9	0.8	0.1
709	Chicken-----	1 cup-----	260	91	85	3	2	0.5	0.9	0.4
Sugars and Sweets										
Candy:										
710	Caramels, plain or chocolate---	1 oz-----	28	8	115	1	3	2.2	0.3	0.1
Chocolate:										
711	Milk, plain-----	1 oz-----	28	1	145	2	9	5.4	3.0	0.3
712	Milk, with almonds-----	1 oz-----	28	2	150	3	10	4.8	4.1	0.7
713	Milk, with peanuts-----	1 oz-----	28	1	155	4	11	4.2	3.5	1.5
714	Milk, with rice cereal-----	1 oz-----	28	2	140	2	7	4.4	2.5	0.2
715	Semisweet, small pieces (60 per oz)-----	1 cup or 6 oz---	170	1	860	7	61	36.2	19.9	1.9
716	Sweet (dark)-----	1 oz-----	28	1	150	1	10	5.9	3.3	0.3
717	Fondant, uncoated (mints, candy corn, other)-----	1 oz-----	28	3	105	Tr	0	0.0	0.0	0.0
718	Fudge, chocolate, plain-----	1 oz-----	28	8	115	1	3	2.1	1.0	0.1
719	Gum drops-----	1 oz-----	28	12	100	Tr	Tr	Tr	Tr	0.1

⁵⁵Made with enriched flour, margarine, and whole milk.

Nutrients in Indicated Quantity													
Choles- terol	Carbo- hydrate	Calcium	Phos- phorus	Iron	Potas- sium	Sodium	Vitamin A value		Thiamin	Ribo- flavin	Niacin	Ascorbic acid	Item No.
							(IU)	(RE)					
Milli- grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Inter- national units	Retinol equiva- lents	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
3	23	81	132	2.0	402	951	890	89	0.09	0.03	0.6	2	681
Tr	Tr	14	31	0.4	130	782	0	0	Tr	0.05	1.9	0	682
5	9	15	46	1.1	100	952	630	63	0.07	0.06	1.1	Tr	683
7	9	17	36	0.8	55	1,106	710	71	0.05	0.06	1.4	Tr	684
7	7	17	22	0.7	101	815	660	66	0.02	0.02	1.1	Tr	685
2	12	34	59	1.9	261	1,808	920	92	0.06	0.05	1.3	3	686
10	9	34	37	0.6	88	986	560	56	0.03	0.06	0.8	Tr	687
2	9	46	49	0.5	100	1,032	0	0	0.05	0.09	0.7	1	688
2	11	34	55	0.9	313	911	2,340	234	0.05	0.04	0.9	1	689
0	27	28	125	2.0	190	988	200	20	0.11	0.07	1.2	2	690
0	17	12	34	1.8	264	871	690	69	0.09	0.05	1.4	66	691
5	10	17	41	1.1	173	956	1,890	189	0.04	0.05	1.0	2	692
0	12	22	34	1.1	210	822	3,010	301	0.05	0.05	0.9	1	693
1	1	4	19	0.1	27	1,019	Tr	Tr	Tr	0.01	0.3	0	694
Tr	4	10	23	0.1	47	627	Tr	Tr	0.02	0.04	0.4	Tr	695
2	6	24	24	0.4	23	957	50	5	0.05	0.04	0.7	Tr	696
0	4	9	22	0.1	48	635	Tr	Tr	0.02	0.04	0.4	Tr	697
0	8	6	23	0.5	78	856	140	14	0.04	0.03	0.6	5	698
53	23	569	438	0.3	552	1,565	390	117	0.15	0.56	0.3	2	699
52	14	124	127	0.9	124	1,564	730	220	0.05	0.18	0.1	Tr	700
34	21	425	256	0.3	444	797	310	92	0.08	0.45	0.5	3	701
32	24	292	238	0.9	381	888	1,190	340	0.15	0.43	0.8	2	702
0	2	3	3	0.1	28	130	140	14	Tr	Tr	0.1	1	703
0	2	3	38	0.5	64	1,029	0	0	0.01	0.02	0.6	0	704
7	11	14	70	1.6	189	117	0	0	0.07	0.08	1.5	0	705
5	13	48	69	1.1	259	1,373	880	264	0.04	0.10	1.1	0	706
0	13	17	36	1.6	252	1,357	0	0	0.08	0.15	1.6	0	707
2	14	66	47	0.2	61	1,147	0	0	0.04	0.09	0.9	0	708
3	14	39	47	0.3	62	1,134	0	0	0.05	0.15	0.8	3	709
1	22	42	35	0.4	54	64	Tr	Tr	0.01	0.05	0.1	Tr	710
6	16	50	61	0.4	96	23	30	10	0.02	0.10	0.1	Tr	711
5	15	65	77	0.5	125	23	30	8	0.02	0.12	0.2	Tr	712
5	13	49	83	0.4	138	19	30	8	0.07	0.07	1.4	Tr	713
6	18	48	57	0.2	100	46	30	8	0.01	0.08	0.1	Tr	714
0	97	51	178	5.8	593	24	30	3	0.10	0.14	0.9	Tr	715
0	16	7	41	0.6	86	5	10	1	0.01	0.04	0.1	Tr	716
0	27	2	Tr	0.1	1	57	0	0	Tr	Tr	Tr	0	717
1	21	22	24	0.3	42	54	Tr	Tr	0.01	0.03	0.1	Tr	718
0	25	2	Tr	0.1	1	10	0	0	0.00	Tr	Tr	0	719

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)		Fatty acids							
			Water	Food energy	Protein	Fat	Saturated	Mono-unsaturated	Poly-unsaturated	
		Grams	Per-cent	Cal-ories	Grams	Grams	Grams	Grams	Grams	
Sugars and Sweets—Con.										
Candy:										
720	Hard-----	1 oz-----	28	1	110	0	0	0.0	0.0	0.0
721	Jelly beans-----	1 oz-----	28	6	105	Tr	Tr	Tr	Tr	0.1
722	Marshmallows-----	1 oz-----	28	17	90	1	0	0.0	0.0	0.0
723	Custard, baked-----	1 cup-----	265	77	305	14	15	6.8	5.4	0.7
724	Gelatin dessert prepared with gelatin dessert powder and water-----	1/2 cup-----	120	84	70	2	0	0.0	0.0	0.0
725	Honey, strained or extracted----	1 cup-----	339	17	1,030	1	0	0.0	0.0	0.0
726	-----	1 tbs-----	21	17	65	Tr	0	0.0	0.0	0.0
727	Jams and preserves-----	1 tbs-----	20	29	55	Tr	Tr	0.0	Tr	Tr
728	-----	1 packet-----	14	29	40	Tr	Tr	0.0	Tr	Tr
729	Jellies-----	1 tbs-----	18	28	50	Tr	Tr	Tr	Tr	Tr
730	-----	1 packet-----	14	28	40	Tr	Tr	Tr	Tr	Tr
731	Popsicle, 3-fl-oz size-----	1 popsicle-----	95	80	70	0	0	0.0	0.0	0.0
Puddings:										
Canned:										
732	Chocolate-----	5-oz can-----	142	68	205	3	11	9.5	0.5	0.1
733	Tapioca-----	5-oz can-----	142	74	160	3	5	4.8	Tr	Tr
734	Vanilla-----	5-oz can-----	142	69	220	2	10	9.5	0.2	0.1
Dry mix, prepared with whole milk:										
Chocolate:										
735	Instant-----	1/2 cup-----	130	71	155	4	4	2.3	1.1	0.2
736	Regular (cooked)-----	1/2 cup-----	130	73	150	4	4	2.4	1.1	0.1
737	Rice-----	1/2 cup-----	132	73	155	4	4	2.3	1.1	0.1
738	Tapioca-----	1/2 cup-----	130	75	145	4	4	2.3	1.1	0.1
Vanilla:										
739	Instant-----	1/2 cup-----	130	73	150	4	4	2.2	1.1	0.2
740	Regular (cooked)-----	1/2 cup-----	130	74	145	4	4	2.3	1.0	0.1
Sugars:										
741	Brown, pressed down-----	1 cup-----	220	2	820	0	0	0.0	0.0	0.0
White:										
742	Granulated-----	1 cup-----	200	1	770	0	0	0.0	0.0	0.0
743	-----	1 tbs-----	12	1	45	0	0	0.0	0.0	0.0
744	-----	1 packet-----	6	1	25	0	0	0.0	0.0	0.0
745	Powdered, sifted, spooned into cup-----	1 cup-----	100	1	385	0	0	0.0	0.0	0.0
Syrups:										
Chocolate-flavored syrup or topping:										
746	Thin type-----	2 tbs-----	38	37	85	1	Tr	0.2	0.1	0.1
747	Fudge type-----	2 tbs-----	38	25	125	2	5	3.1	1.7	0.2
748	Molasses, cane, blackstrap-----	2 tbs-----	40	24	85	0	0	0.0	0.0	0.0
749	Table syrup (corn and maple)---	2 tbs-----	42	25	122	0	0	0.0	0.0	0.0
Vegetables and Vegetable Products										
750	Alfalfa seeds, sprouted, raw-----	1 cup-----	33	91	10	1	Tr	Tr	Tr	0.1
751	Artichokes, globe or French, cooked, drained-----	1 artichoke-----	120	87	55	3	Tr	Tr	Tr	0.1
Asparagus, green:										
Cooked, drained:										
From raw:										
752	Cuts and tips-----	1 cup-----	180	92	45	5	1	0.1	Tr	0.2
753	Spears, 1/2-in diam. at base-----	4 spears-----	60	92	15	2	Tr	Tr	Tr	0.1
From frozen:										
754	Cuts and tips-----	1 cup-----	180	91	50	5	1	0.2	Tr	0.3
755	Spears, 1/2-in diam. at base-----	4 spears-----	60	91	15	2	Tr	0.1	Tr	0.1
756	Canned, spears, 1/2-in diam. at base-----	4 spears-----	80	95	10	1	Tr	Tr	Tr	0.1
757	Bamboo shoots, canned, drained---	1 cup-----	131	94	25	2	1	0.1	Tr	0.2

⁵⁶For regular pack; special dietary pack contains 3 mg sodium.

Nutrients In Indicated Quantity

Cholesterol	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Sodium	Vitamin A value		Thiamin	Riboflavin	Niacin	Ascorbic acid	Item No.
							(IU)	(RE)					
Milli-grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	International units	Retinol equivalents	Milli-grams	Milli-grams	Milli-grams	Milli-grams	
0	28	Tr	2	0.1	1	7	0	0	0.10	0.00	0.0	0	720
0	26	1	1	0.3	11	7	0	0	0.00	Tr	Tr	0	721
0	23	1	2	0.5	2	25	0	0	0.00	Tr	Tr	0	722
278	29	297	310	1.1	387	209	530	146	0.11	0.50	0.3	1	723
0	17	2	23	Tr	Tr	55	0	0	0.00	0.00	0.0	0	724
0	279	17	20	1.7	173	17	0	0	0.02	0.14	1.0	3	725
0	17	1	1	0.1	11	1	0	0	Tr	0.01	0.1	Tr	726
0	14	4	2	0.2	18	2	Tr	Tr	Tr	0.01	Tr	Tr	727
0	10	3	1	0.1	12	2	Tr	Tr	Tr	Tr	Tr	Tr	728
0	13	2	Tr	0.1	16	5	Tr	Tr	Tr	0.01	Tr	1	729
0	10	1	Tr	Tr	13	4	Tr	Tr	Tr	Tr	Tr	1	730
0	18	0	0	Tr	4	11	0	0	0.00	0.00	0.0	0	731
1	30	74	117	1.2	254	285	100	31	0.04	0.17	0.6	Tr	732
Tr	28	119	113	0.3	212	252	Tr	Tr	0.03	0.14	0.4	Tr	733
1	33	79	94	0.2	155	305	Tr	Tr	0.03	0.12	0.6	Tr	734
14	27	130	329	0.3	176	440	130	33	0.04	0.18	0.1	1	735
15	25	146	120	0.2	190	167	140	34	0.05	0.20	0.1	1	736
15	27	133	110	0.5	165	140	140	33	0.10	0.18	0.6	1	737
15	25	131	103	0.1	167	152	140	34	0.04	0.18	0.1	1	738
15	27	129	273	0.1	164	375	140	33	0.04	0.17	0.1	1	739
15	25	132	102	0.1	166	178	140	34	0.04	0.18	0.1	1	740
0	212	187	56	4.8	757	97	0	0	0.02	0.07	0.2	0	741
0	199	3	Tr	0.1	7	5	0	0	0.00	0.00	0.0	0	742
0	12	Tr	Tr	Tr	Tr	Tr	0	0	0.00	0.00	0.0	0	743
0	6	Tr	Tr	Tr	Tr	Tr	0	0	0.00	0.00	0.0	0	744
0	100	1	Tr	Tr	4	2	0	0	0.00	0.00	0.0	0	745
0	22	6	49	0.8	85	36	Tr	Tr	Tr	0.02	0.1	0	746
0	21	38	60	0.5	82	42	40	13	0.02	0.08	0.1	0	747
0	22	274	34	10.1	1,171	38	0	0	0.04	0.08	0.8	0	748
0	32	1	4	Tr	7	19	0	0	0.00	0.00	0.0	0	749
0	1	11	23	0.3	26	2	50	5	0.03	0.04	0.2	3	750
0	12	47	72	1.6	316	79	170	17	0.07	0.06	0.7	9	751
0	8	43	110	1.2	558	7	1,490	149	0.18	0.22	1.9	49	752
0	3	14	37	0.4	186	2	500	50	0.06	0.07	0.6	16	753
0	9	41	99	1.2	392	7	1,470	147	0.12	0.19	1.9	44	754
0	3	14	33	0.4	131	2	490	49	0.04	0.06	0.6	15	755
0	2	11	30	0.5	122	⁵⁶ 278	380	38	0.04	0.07	0.7	13	756
0	4	10	33	0.4	105	9	10	1	0.03	0.03	0.2	1	757

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)		Grams	Water	Food energy	Protein	Fat	Fatty acids		
								Saturated	Mono-unsaturated	Poly-unsaturated
				Per cent	Cal-ories	Grams	Grams	Grams	Grams	Grams
Vegetables and Vegetable Products—Con.										
Beans:										
Lima, immature seeds, frozen, cooked, drained:										
758	Thick-seeded types (Ford-hooks)-----	1 cup-----	170	74	170	10	1	0.1	Tr	0.3
759	Thin-seeded types (baby limas)-----	1 cup-----	180	72	190	12	1	0.1	Tr	0.3
Snap:										
Cooked, drained:										
760	From raw (cut and French style)-----	1 cup-----	125	89	45	2	Tr	0.1	Tr	0.2
761	From frozen (cut)-----	1 cup-----	135	92	35	2	Tr	Tr	Tr	0.1
762	Canned, drained solids (cut)-----	1 cup-----	135	93	25	2	Tr	Tr	Tr	0.1
Beans, mature. See Beans, dry (items 527-535) and Black-eyed peas, dry (item 536).										
Bean sprouts (mung):										
763	Raw-----	1 cup-----	104	90	30	3	Tr	Tr	Tr	0.1
764	Cooked, drained-----	1 cup-----	124	93	25	3	Tr	Tr	Tr	Tr
Beets:										
Cooked, drained:										
765	Diced or sliced-----	1 cup-----	170	91	55	2	Tr	Tr	Tr	Tr
766	Whole beets, 2-in diam.-----	2 beets-----	100	91	30	1	Tr	Tr	Tr	Tr
767	Canned, drained solids, diced or sliced-----	1 cup-----	170	91	55	2	Tr	Tr	Tr	0.1
768	Beet greens, leaves and stems, cooked, drained-----	1 cup-----	144	89	40	4	Tr	Tr	0.1	0.1
Black-eyed peas, immature seeds, cooked and drained:										
769	From raw-----	1 cup-----	165	72	180	13	1	0.3	0.1	0.6
770	From frozen-----	1 cup-----	170	66	225	14	1	0.3	0.1	0.5
Broccoli:										
771	Raw-----	1 spear-----	151	91	40	4	1	0.1	Tr	0.3
Cooked, drained:										
From raw:										
772	Spear, medium-----	1 spear-----	180	90	50	5	1	0.1	Tr	0.2
773	Spears, cut into 1/2-in pieces-----	1 cup-----	155	90	45	5	Tr	0.1	Tr	0.2
From frozen:										
774	Piece, 4-1/2 to 5 in long--	1 piece-----	30	91	10	1	Tr	Tr	Tr	Tr
775	Chopped-----	1 cup-----	185	91	50	6	Tr	Tr	Tr	0.1
Brussels sprouts, cooked, drained:										
776	From raw, 7-8 sprouts, 1-1/4 to 1-1/2-in diam.-----	1 cup-----	155	87	60	4	1	0.2	0.1	0.4
777	From frozen-----	1 cup-----	155	87	65	6	1	0.1	Tr	0.3
Cabbage, common varieties:										
778	Raw, coarsely shredded or sliced-----	1 cup-----	70	93	15	1	Tr	Tr	Tr	0.1
779	Cooked, drained-----	1 cup-----	150	94	30	1	Tr	Tr	Tr	0.2
Cabbage, Chinese:										
780	Pak-choi, cooked, drained-----	1 cup-----	170	96	20	3	Tr	Tr	Tr	0.1
781	Pe-tsai, raw, 1-in pieces-----	1 cup-----	76	94	10	1	Tr	Tr	Tr	0.1
782	Cabbage, red, raw, coarsely shredded or sliced-----	1 cup-----	70	92	20	1	Tr	Tr	Tr	0.1
783	Cabbage, savoy, raw, coarsely shredded or sliced-----	1 cup-----	70	91	20	1	Tr	Tr	Tr	Tr

⁵⁷ For green varieties; yellow varieties contain 101 IU or 10 RE.

⁵⁸ For green varieties; yellow varieties contain 151 IU or 15 RE.

⁵⁹ For regular pack; special dietary pack contains 3 mg sodium.

Nutrients in Indicated Quantity													
Cholesterol	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Sodium	Vitamin A value		Thiamin	Riboflavin	Niacin	Ascorbic acid	Item No.
							(IU)	(RE)					
Milli-grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	International units	Retinol equivalents	Milli-grams	Milli-grams	Milli-grams	Milli-grams	
0	32	37	107	2.3	694	90	320	32	0.13	0.10	1.8	22	758
0	35	50	202	3.5	740	52	300	30	0.13	0.10	1.4	10	759
0	10	58	49	1.6	374	4	⁵⁷ 830	⁵⁷ 83	0.09	0.12	0.8	12	760
0	8	61	32	1.1	151	18	⁵⁸ 710	⁵⁸ 71	0.06	0.10	0.6	11	761
0	6	35	26	1.2	147	⁵⁹ 339	⁶⁰ 470	⁶⁰ 47	0.02	0.08	0.3	6	762
0	6	14	56	0.9	155	6	20	2	0.09	0.13	0.8	14	763
0	5	15	35	0.8	125	12	20	2	0.06	0.13	1.0	14	764
0	11	19	53	1.1	530	83	20	2	0.05	0.02	0.5	9	765
0	7	11	31	0.6	312	49	10	1	0.03	0.01	0.3	6	766
0	12	26	29	3.1	252	⁶¹ 466	20	2	0.02	0.07	0.3	7	767
0	8	164	59	2.7	1,309	347	7,340	734	0.17	0.42	0.7	36	768
0	30	46	196	2.4	693	7	1,050	105	0.11	0.18	1.8	3	769
0	40	39	207	3.6	638	9	130	13	0.44	0.11	1.2	4	770
0	8	72	100	1.3	491	41	2,330	233	0.10	0.18	1.0	141	771
0	10	205	86	2.1	293	20	2,540	254	0.15	0.37	1.4	113	772
0	9	177	74	1.8	253	17	2,180	218	0.13	0.32	1.2	97	773
0	2	15	17	0.2	54	7	570	57	0.02	0.02	0.1	12	774
0	10	94	102	1.1	333	44	3,500	350	0.10	0.15	0.8	74	775
0	13	56	87	1.9	491	33	1,110	111	0.17	0.12	0.9	96	776
0	13	37	84	1.1	504	36	910	91	0.16	0.18	0.8	71	777
0	4	33	16	0.4	172	13	90	9	0.04	0.02	0.2	33	778
0	7	50	38	0.6	308	29	130	13	0.09	0.08	0.3	36	779
0	3	158	49	1.8	631	58	4,370	437	0.05	0.11	0.7	44	780
0	2	59	22	0.2	181	7	910	91	0.03	0.04	0.3	21	781
0	4	36	29	0.3	144	8	30	3	0.04	0.02	0.2	40	782
0	4	25	29	0.3	161	20	700	70	0.05	0.02	0.2	22	783

⁶⁰For green varieties; yellow varieties contain 142 IU or 14 RE.

⁶¹For regular pack; special dietary pack contains 78 mg sodium.

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)		Fatty acids						
			Water	Food energy	Protein	Fat	Saturated	Mono-unsaturated	Poly-unsaturated
		Grams	Per cent	Cal-ories	Grams	Grams	Grams	Grams	Grams
Vegetables and Vegetable Products—Con.									
Carrots:									
Raw, without crowns and tips, scraped:									
784	Whole, 7-1/2 by 1-1/8 in, or strips, 2-1/2 to 3 in long	1 carrot or 18 strips-----	72	88	30	1	Tr	Tr	0.1
785	Grated-----	1 cup-----	110	88	45	1	Tr	Tr	0.1
Cooked, sliced, drained:									
786	From raw-----	1 cup-----	156	87	70	2	Tr	0.1	0.1
787	From frozen-----	1 cup-----	146	90	55	2	Tr	Tr	0.1
788	Canned, sliced, drained solids	1 cup-----	146	93	35	1	Tr	0.1	0.1
Cauliflower:									
789	Raw, (flowerets)-----	1 cup-----	100	92	25	2	Tr	Tr	0.1
Cooked, drained:									
790	From raw (flowerets)-----	1 cup-----	125	93	30	2	Tr	Tr	0.1
791	From frozen (flowerets)-----	1 cup-----	180	94	35	3	Tr	0.1	0.2
Celery, pascal type, raw:									
792	Stalk, large outer, 8 by 1-1/2 in (at root end)-----	1 stalk-----	40	95	5	Tr	Tr	Tr	Tr
793	Pieces, diced-----	1 cup-----	120	95	20	1	Tr	Tr	0.1
Collards, cooked, drained:									
794	From raw (leaves without stems)	1 cup-----	190	96	25	2	Tr	0.1	0.2
795	From frozen (chopped)-----	1 cup-----	170	88	60	5	1	0.1	0.4
Corn, sweet:									
Cooked, drained:									
796	From raw, ear 5 by 1-3/4 in--	1 ear-----	77	70	85	3	1	0.2	0.3
From frozen:									
797	Ear, trimmed to about 3-1/2 in long-----	1 ear-----	63	73	60	2	Tr	0.1	0.2
798	Kernels-----	1 cup-----	165	76	135	5	Tr	Tr	0.1
Canned:									
799	Cream style-----	1 cup-----	256	79	185	4	1	0.2	0.3
800	Whole kernel, vacuum pack---	1 cup-----	210	77	165	5	1	0.2	0.3
Cowpeas. See Black-eyed peas, immature (items 769,770), mature (item 536).									
801	Cucumber, with peel, slices, 1/8 in thick (large, 2-1/8-in diam.; small, 1-3/4-in diam.)--	6 large or 8 small slices	28	96	5	Tr	Tr	Tr	Tr
802	Dandelion greens, cooked, drained	1 cup-----	105	90	35	2	1	0.1	0.3
803	Eggplant, cooked, steamed-----	1 cup-----	96	92	25	1	Tr	Tr	0.1
804	Endive, curly (including escarole), raw, small pieces-----	1 cup-----	50	94	10	1	Tr	Tr	Tr
805	Jerusalem-artichoke, raw, sliced	1 cup-----	150	78	115	3	Tr	0.0	Tr
Kale, cooked, drained:									
806	From raw, chopped-----	1 cup-----	130	91	40	2	1	0.1	0.3
807	From frozen, chopped-----	1 cup-----	130	91	40	4	1	0.1	0.3
808	Kohlrabi, thickened bulb-like stems, cooked, drained, diced--	1 cup-----	165	90	50	3	Tr	Tr	0.1
Lettuce, raw:									
Butterhead, as Boston types:									
809	Head, 5-in diam-----	1 head-----	163	96	20	2	Tr	Tr	0.2
810	Leaves-----	1 outer or 2 inner leaves--	15	96	Tr	Tr	Tr	Tr	Tr
Crisphead, as iceberg:									
811	Head, 6-in diam-----	1 head-----	539	96	70	5	1	0.1	0.5
812	Wedge, 1/4 of head-----	1 wedge-----	135	96	20	1	Tr	Tr	0.1
813	Pieces, chopped or shredded--	1 cup-----	55	96	5	1	Tr	Tr	0.1
814	Looseleaf (bunching varieties including romaine or cos), chopped or shredded pieces---	1 cup-----	56	94	10	1	Tr	Tr	0.1

⁶²For regular pack; special dietary pack contains 61 mg sodium.

⁶³For yellow varieties; white varieties contain only a trace of vitamin A.

Nutrients in Indicated Quantity													
Cholesterol	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Sodium	Vitamin A value		Thiamin	Riboflavin	Niacin	Ascorbic acid	Item No.
							(IU)	(RE)					
Milligrams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	International units	Retinol equivalents	Milligrams	Milligrams	Milligrams	Milligrams	
0	7	19	32	0.4	233	25	20,250	2,025	0.07	0.04	0.7	7	784
0	11	30	48	0.6	355	39	30,940	3,094	0.11	0.06	1.0	10	785
0	16	48	47	1.0	354	103	38,300	3,830	0.05	0.09	0.8	4	786
0	12	41	38	0.7	231	86	25,850	2,585	0.04	0.05	0.6	4	787
0	8	37	35	0.9	261	⁶² 352	20,110	2,011	0.03	0.04	0.8	4	788
0	5	29	46	0.6	355	15	20	2	0.08	0.06	0.6	72	789
0	6	34	44	0.5	404	8	20	2	0.08	0.07	0.7	69	790
0	7	31	43	0.7	250	32	40	4	0.07	0.10	0.6	56	791
0	1	14	10	0.2	114	35	50	5	0.01	0.01	0.1	3	792
0	4	43	31	0.6	341	106	150	15	0.04	0.04	0.4	8	793
0	5	148	19	0.8	177	36	4,220	422	0.03	0.08	0.4	19	794
0	12	357	46	1.9	427	85	10,170	1,017	0.08	0.20	1.1	45	795
0	19	2	79	0.5	192	13	⁶³ 170	⁶³ 17	0.17	0.06	1.2	5	796
0	14	2	47	0.4	158	3	⁶³ 130	⁶³ 13	0.11	0.04	1.0	3	797
0	34	3	78	0.5	229	8	⁶³ 410	⁶³ 41	0.11	0.12	2.1	4	798
0	46	8	131	1.0	343	⁶⁴ 730	⁶³ 250	⁶³ 25	0.06	0.14	2.5	12	799
0	41	11	134	0.9	391	⁶⁵ 571	⁶³ 510	⁶³ 51	0.09	0.15	2.5	17	800
0	1	4	5	0.1	42	1	10	1	0.01	0.01	0.1	1	801
0	7	147	44	1.9	244	46	12,290	1,229	0.14	0.18	0.5	19	802
0	6	6	21	0.3	238	3	60	6	0.07	0.02	0.6	1	803
0	2	26	14	0.4	157	11	1,030	103	0.04	0.04	0.2	3	804
0	26	21	117	5.1	644	6	30	3	0.30	0.09	2.0	6	805
0	7	94	36	1.2	296	30	9,620	962	0.07	0.09	0.7	53	806
0	7	179	36	1.2	417	20	8,260	826	0.06	0.15	0.9	33	807
0	11	41	74	0.7	561	35	60	6	0.07	0.03	0.6	89	808
0	4	52	38	0.5	419	8	1,580	158	0.10	0.10	0.5	13	809
0	Tr	5	3	Tr	39	1	150	15	0.01	0.01	Tr	1	810
0	11	102	108	2.7	852	49	1,780	178	0.25	0.16	1.0	21	811
0	3	26	27	0.7	213	12	450	45	0.06	0.04	0.3	5	812
0	1	10	11	0.3	87	5	180	18	0.03	0.02	0.1	2	813
0	2	38	14	0.8	148	5	1,060	106	0.03	0.04	0.2	10	814

⁶⁴For regular pack; special dietary pack contains 8 mg sodium.

⁶⁵For regular pack; special dietary pack contains 6 mg sodium.

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)		Fatty acids							
			Water	Food energy	Protein	Fat	Saturated	Mono-unsaturated	Poly-unsaturated	
Vegetables and Vegetable Products—Con.			Grams	Per cent	Cal-ories	Grams	Grams	Grams	Grams	Grams
Mushrooms:										
815	Raw, sliced or chopped-----	1 cup-----	70	92	20	1	Tr	Tr	Tr	0.1
816	Cooked, drained-----	1 cup-----	156	91	40	3	1	0.1	Tr	0.3
817	Canned, drained solids-----	1 cup-----	156	91	35	3	Tr	0.1	Tr	0.2
818	Mustard greens, without stems and midribs, cooked, drained-----	1 cup-----	140	94	20	3	Tr	Tr	0.2	0.1
819	Okra pods, 3 by 5/8 in, cooked---	8 pods-----	85	90	25	2	Tr	Tr	Tr	Tr
Onions:										
Raw:										
820	Chopped-----	1 cup-----	160	91	55	2	Tr	0.1	0.1	0.2
821	Sliced-----	1 cup-----	115	91	40	1	Tr	0.1	Tr	0.1
822	Cooked (whole or sliced), drained-----	1 cup-----	210	92	60	2	Tr	0.1	Tr	0.1
823	Onions, spring, raw, bulb (3/8-in diam.) and white portion of top	6 onions-----	30	92	10	1	Tr	Tr	Tr	Tr
824	Onion rings, breaded, par-fried, frozen, prepared-----	2 rings-----	20	29	80	1	5	1.7	2.2	1.0
Parsley:										
825	Raw-----	10 sprigs-----	10	88	5	Tr	Tr	Tr	Tr	Tr
826	Freeze-dried-----	1 tbsp-----	0.4	2	Tr	Tr	Tr	Tr	Tr	Tr
827	Parsnips, cooked (diced or 2 in lengths), drained-----	1 cup-----	156	78	125	2	Tr	0.1	0.2	0.1
828	Peas, edible pod, cooked, drained	1 cup-----	160	89	65	5	Tr	0.1	Tr	0.2
Peas, green:										
829	Canned, drained solids-----	1 cup-----	170	82	115	8	1	0.1	0.1	0.3
830	Frozen, cooked, drained-----	1 cup-----	160	80	125	8	Tr	0.1	Tr	0.2
Peppers:										
831	Hot chili, raw-----	1 pepper-----	45	88	20	1	Tr	Tr	Tr	Tr
Sweet (about 5 per lb, whole), stem and seeds removed:										
832	Raw-----	1 pepper-----	74	93	20	1	Tr	Tr	Tr	0.2
833	Cooked, drained-----	1 pepper-----	73	95	15	Tr	Tr	Tr	Tr	0.1
Potatoes, cooked:										
Baked (about 2 per lb, raw):										
834	With skin-----	1 potato-----	202	71	220	5	Tr	0.1	Tr	0.1
835	Flesh only-----	1 potato-----	156	75	145	3	Tr	Tr	Tr	0.1
Boiled (about 3 per lb, raw):										
836	Peeled after boiling-----	1 potato-----	136	77	120	3	Tr	Tr	Tr	0.1
837	Peeled before boiling-----	1 potato-----	135	77	115	2	Tr	Tr	Tr	0.1
French fried, strip, 2 to 3-1/2 in long, frozen:										
838	Oven heated-----	10 strips-----	50	53	110	2	4	2.1	1.8	0.3
839	Fried in vegetable oil-----	10 strips-----	50	38	160	2	8	2.5	1.6	3.8
Potato products, prepared:										
Au gratin:										
840	From dry mix-----	1 cup-----	245	79	230	6	10	6.3	2.9	0.3
841	From home recipe-----	1 cup-----	245	74	325	12	19	11.6	5.3	0.7
842	Hashed brown, from frozen-----	1 cup-----	156	56	340	5	18	7.0	8.0	2.1
Mashed:										
From home recipe:										
843	Milk added-----	1 cup-----	210	78	160	4	1	0.7	0.3	0.1
844	Milk and margarine added---	1 cup-----	210	76	225	4	9	2.2	3.7	2.5
845	From dehydrated flakes (without milk), water, milk, butter, and salt added-----	1 cup-----	210	76	235	4	12	7.2	3.3	0.5
846	Potato salad, made with mayonnaise-----	1 cup-----	250	76	360	7	21	3.6	6.2	9.3
Scalloped:										
847	From dry mix-----	1 cup-----	245	79	230	5	11	6.5	3.0	0.5
848	From home recipe-----	1 cup-----	245	81	210	7	9	5.5	2.5	0.4

⁶⁶For regular pack; special dietary pack contains 3 mg sodium.

⁶⁷For red peppers; green peppers contain 350 IU or 35 RE.

⁶⁸For green peppers; red peppers contain 4,220 IU or 422 RE.

Nutrients in Indicated Quantity													
Cholesterol	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Sodium	Vitamin A value		Thiamin	Riboflavin	Niacin	Ascorbic acid	Item No.
							(IU)	(RE)					
Milli-grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	International units	Retinol equivalents	Milli-grams	Milli-grams	Milli-grams	Milli-grams	
0	3	4	73	0.9	259	3	0	0	0.07	0.31	2.9	2	815
0	8	9	136	2.7	555	3	0	0	0.11	0.47	7.0	6	816
0	8	17	103	1.2	201	663	0	0	0.13	0.03	2.5	0	817
0	3	104	57	1.0	283	22	4,240	424	0.06	0.09	0.6	35	818
0	6	54	48	0.4	274	4	490	49	0.11	0.05	0.7	14	819
0	12	40	46	0.6	248	3	0	0	0.10	0.02	0.2	13	820
0	8	29	33	0.4	178	2	0	0	0.07	0.01	0.1	10	821
0	13	57	48	0.4	319	17	0	0	0.09	0.02	0.2	12	822
0	2	18	10	0.6	77	1	1,500	150	0.02	0.04	0.1	14	823
0	8	6	16	0.3	26	75	50	5	0.06	0.03	0.7	Tr	824
0	1	13	4	0.6	54	4	520	52	0.01	0.01	0.1	9	825
0	Tr	1	2	0.2	25	2	250	25	Tr	0.01	Tr	1	826
0	30	58	108	0.9	573	16	0	0	0.13	0.08	1.1	20	827
0	11	67	88	3.2	384	6	210	21	0.20	0.12	0.9	77	828
0	21	34	114	1.6	294	⁶⁶ 372	1,310	131	0.21	0.13	1.2	16	829
0	23	38	144	2.5	269	139	1,070	107	0.45	0.16	2.4	16	830
0	4	8	21	0.5	153	3	⁶⁷ 4,840	⁶⁷ 484	0.04	0.04	0.4	109	831
0	4	4	16	0.9	144	2	⁶⁸ 390	⁶⁸ 39	0.06	0.04	0.4	⁶⁹ 95	832
0	3	3	11	0.6	94	1	⁷⁰ 280	⁷⁰ 28	0.04	0.03	0.3	⁷¹ 81	833
0	51	20	115	2.7	844	16	0	0	0.22	0.07	3.3	26	834
0	34	8	78	0.5	610	8	0	0	0.16	0.03	2.2	20	835
0	27	7	60	0.4	515	5	0	0	0.14	0.03	2.0	18	836
0	27	11	54	0.4	443	7	0	0	0.13	0.03	1.8	10	837
0	17	5	43	0.7	229	16	0	0	0.06	0.02	1.2	5	838
0	20	10	47	0.4	366	108	0	0	0.09	0.01	1.6	5	839
12	31	203	233	0.8	537	1,076	520	76	0.05	0.20	2.3	8	840
56	28	292	277	1.6	970	1,061	650	93	0.16	0.28	2.4	24	841
0	44	23	112	2.4	680	53	0	0	0.17	0.03	3.8	10	842
4	37	55	101	0.6	628	636	40	12	0.18	0.08	2.3	14	843
4	35	55	97	0.5	607	620	360	42	0.18	0.08	2.3	13	844
29	32	103	118	0.5	489	697	380	44	0.23	0.11	1.4	20	845
170	28	48	130	1.6	635	1,323	520	83	0.19	0.15	2.2	25	846
27	31	88	137	0.9	497	835	360	51	0.05	0.14	2.5	8	847
29	26	140	154	1.4	926	821	330	47	0.17	0.23	2.6	26	848

⁶⁹For green peppers; red peppers contain 141 mg ascorbic acid.

⁷⁰For green peppers; red peppers contain 2,740 IU or 274 RE.

⁷¹For green peppers; red peppers contain 121 mg ascorbic acid.

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)		Fatty acids						
			Water	Food energy	Protein	Fat	Saturated	Mono-unsaturated	Poly-unsaturated
		Grams	Per cent	Cal-ories	Grams	Grams	Grams	Grams	Grams
Vegetables and Vegetable Products—Con.									
849	Potato chips----- 10 chips-----	20	3	105	1	7	1.8	1.2	3.6
Pumpkin:									
850	Cooked from raw, mashed----- 1 cup-----	245	94	50	2	Tr	0.1	Tr	Tr
851	Canned----- 1 cup-----	245	90	85	3	1	0.4	0.1	Tr
852	Radishes, raw, stem ends, rootlets cut off----- 4 radishes-----	18	95	5	Tr	Tr	Tr	Tr	Tr
853	Sauerkraut, canned, solids and liquid----- 1 cup-----	236	93	45	2	Tr	0.1	Tr	0.1
Seaweed:									
854	Kelp, raw----- 1 oz-----	28	82	10	Tr	Tr	0.1	Tr	Tr
855	Spirulina, dried----- 1 oz-----	28	5	80	16	2	0.8	0.2	0.6
Southern peas. See Black-eyed peas, immature (items 769,770), mature (item 536).									
Spinach:									
856	Raw, chopped----- 1 cup-----	55	92	10	2	Tr	Tr	Tr	0.1
Cooked, drained:									
857	From raw----- 1 cup-----	180	91	40	5	Tr	0.1	Tr	0.2
858	From frozen (leaf)----- 1 cup-----	190	90	55	6	Tr	0.1	Tr	0.2
859	Canned, drained solids----- 1 cup-----	214	92	50	6	1	0.2	Tr	0.4
860	Spinach souffle----- 1 cup-----	136	74	220	11	18	7.1	6.8	3.1
Squash, cooked:									
861	Summer (all varieties), sliced, drained----- 1 cup-----	180	94	35	2	1	0.1	Tr	0.2
862	Winter (all varieties), baked, cubes----- 1 cup-----	205	89	80	2	1	0.3	0.1	0.5
Sunchoke. See Jerusalem-artichoke (item 805).									
Sweetpotatoes:									
Cooked (raw, 5 by 2 in; about 2-1/2 per lb):									
863	Baked in skin, peeled----- 1 potato-----	114	73	115	2	Tr	Tr	Tr	0.1
864	Boiled, without skin----- 1 potato-----	151	73	160	2	Tr	0.1	Tr	0.2
865	Candied, 2-1/2 by 2-in piece----- 1 piece-----	105	67	145	1	3	1.4	0.7	0.2
Canned:									
866	Solid pack (mashed)----- 1 cup-----	255	74	260	5	1	0.1	Tr	0.2
867	Vacuum pack, piece 2-3/4 by 1 in----- 1 piece-----	40	76	35	1	Tr	Tr	Tr	Tr
Tomatoes:									
868	Raw, 2-3/5-in diam. (3 per 12 oz pkg.)----- 1 tomato-----	123	94	25	1	Tr	Tr	Tr	0.1
869	Canned, solids and liquid----- 1 cup-----	240	94	50	2	1	0.1	0.1	0.2
870	Tomato juice, canned----- 1 cup-----	244	94	40	2	Tr	Tr	Tr	0.1
Tomato products, canned:									
871	Paste----- 1 cup-----	262	74	220	10	2	0.3	0.4	0.9
872	Puree----- 1 cup-----	250	87	105	4	Tr	Tr	Tr	0.1
873	Sauce----- 1 cup-----	245	89	75	3	Tr	0.1	0.1	0.2
874	Turnips, cooked, diced----- 1 cup-----	156	94	30	1	Tr	Tr	Tr	0.1
Turnip greens, cooked, drained:									
875	From raw (leaves and stems)----- 1 cup-----	144	93	30	2	Tr	0.1	Tr	0.1
876	From frozen (chopped)----- 1 cup-----	164	90	50	5	1	0.2	Tr	0.3
877	Vegetable juice cocktail, canned----- 1 cup-----	242	94	45	2	Tr	Tr	Tr	0.1
Vegetables, mixed:									
878	Canned, drained solids----- 1 cup-----	163	87	75	4	Tr	0.1	Tr	0.2
879	Frozen, cooked, drained----- 1 cup-----	182	83	105	5	Tr	0.1	Tr	0.1
880	Waterchestnuts, canned----- 1 cup-----	140	86	70	1	Tr	Tr	Tr	Tr

¹ Value not determined.⁷² With added salt; if none is added, sodium content is 58 mg.⁷³ For regular pack; special dietary pack contains 31 mg sodium.⁷⁴ With added salt; if none is added, sodium content is 24 mg.

Nutrients in Indicated Quantity													
Cholesterol	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Sodium	Vitamin A value		Thiamin	Riboflavin	Niacin	Ascorbic acid	Item No.
Milligrams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	(IU)	(RE)	Milligrams	Milligrams	Milligrams	Milligrams	
0	10	5	31	0.2	260	94	0	0	0.03	Tr	0.8	8	849
0	12	37	74	1.4	564	2	2,650	265	0.08	0.19	1.0	12	850
0	20	64	86	3.4	505	12	54,040	5,404	0.06	0.13	0.9	10	851
0	1	4	3	0.1	42	4	Tr	Tr	Tr	0.01	0.1	4	852
0	10	71	47	3.5	401	1,560	40	4	0.05	0.05	0.3	35	853
0	3	48	12	0.8	25	66	30	3	0.01	0.04	0.1	(¹)	854
0	7	34	33	8.1	386	297	160	16	0.67	1.04	3.6	3	855
0	2	54	27	1.5	307	43	3,690	369	0.04	0.10	0.4	15	856
0	7	245	101	6.4	839	126	14,740	1,474	0.17	0.42	0.9	18	857
0	10	277	91	2.9	566	163	14,790	1,479	0.11	0.32	0.8	23	858
0	7	272	94	4.9	740	⁷² 683	18,780	1,878	0.03	0.30	0.8	31	859
184	3	230	231	1.3	201	763	3,460	675	0.09	0.30	0.5	3	860
0	8	49	70	0.6	346	2	520	52	0.08	0.07	0.9	10	861
0	18	29	41	0.7	896	2	7,290	729	0.17	0.05	1.4	20	862
0	28	32	63	0.5	397	11	24,880	2,488	0.08	0.14	0.7	28	863
0	37	32	41	0.8	278	20	25,750	2,575	0.08	0.21	1.0	26	864
8	29	27	27	1.2	198	74	4,400	440	0.02	0.04	0.4	7	865
0	59	77	133	3.4	536	191	38,570	3,857	0.07	0.23	2.4	13	866
0	8	9	20	0.4	125	21	3,190	319	0.01	0.02	0.3	11	867
0	5	9	28	0.6	255	10	1,390	139	0.07	0.06	0.7	22	868
0	10	62	46	1.5	530	⁷³ 391	1,450	145	0.11	0.07	1.8	36	869
0	10	22	46	1.4	537	⁷⁴ 881	1,360	136	0.11	0.08	1.6	45	870
0	49	92	207	7.8	2,442	⁷⁵ 170	6,470	647	0.41	0.50	8.4	111	871
0	25	38	100	2.3	1,050	⁷⁶ 50	3,400	340	0.18	0.14	4.3	88	872
0	18	34	78	1.9	909	⁷⁷ 1,482	2,400	240	0.16	0.14	2.8	32	873
0	8	34	30	0.3	211	78	0	0	0.04	0.04	0.5	18	874
0	6	197	42	1.2	292	42	7,920	792	0.06	0.10	0.6	39	875
0	8	249	56	3.2	367	25	13,080	1,308	0.09	0.12	0.8	36	876
0	11	27	41	1.0	467	883	2,830	283	0.10	0.07	1.8	67	877
0	15	44	68	1.7	474	243	18,990	1,899	0.08	0.08	0.9	8	878
0	24	46	93	1.5	308	64	7,780	778	0.13	0.22	1.5	6	879
0	17	6	27	1.2	165	11	10	1	0.02	0.03	0.5	2	880

⁷⁵ With no added salt; if salt is added, sodium content is 2,070 mg.

⁷⁶ With no added salt; if salt is added, sodium content is 998 mg.

⁷⁷ With salt added.

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)		Water	Food energy	Protein	Fat	Fatty acids		
							Saturated	Mono-unsaturated	Poly-unsaturated
		Grams	Per-cent	Cal-ories	Grams	Grams	Grams	Grams	Grams
Miscellaneous Items									
Baking powders for home use:									
Sodium aluminum sulfate:									
881	With monocalcium phosphate monohydrate-----	1 tsp-----	3	2	5	Tr	0	0.0	0.0
882	With monocalcium phosphate monohydrate, calcium sulfate-----	1 tsp-----	2.9	1	5	Tr	0	0.0	0.0
883	Straight phosphate-----	1 tsp-----	3.8	2	5	Tr	0	0.0	0.0
884	Low sodium-----	1 tsp-----	4.3	1	5	Tr	0	0.0	0.0
885	Catsup-----	1 cup-----	273	69	290	5	1	0.2	0.2
886	-----	1 tbsp-----	15	69	15	Tr	Tr	Tr	Tr
887	Celery seed-----	1 tsp-----	2	6	10	Tr	1	Tr	0.3
888	Chili powder-----	1 tsp-----	2.6	8	10	Tr	Tr	0.1	0.1
Chocolate:									
889	Bitter or baking-----	1 oz-----	28	2	145	3	15	9.0	4.9
Semisweet, see Candy, (item 715).									
890	Cinnamon-----	1 tsp-----	2.3	10	5	Tr	Tr	Tr	Tr
891	Curry powder-----	1 tsp-----	2	10	5	Tr	Tr	(1)	(1)
892	Garlic powder-----	1 tsp-----	2.8	6	10	Tr	Tr	Tr	Tr
893	Gelatin, dry-----	1 envelope-----	7	13	25	6	Tr	Tr	Tr
894	Mustard, prepared, yellow-----	1 tsp or individual packet---	5	80	5	Tr	Tr	Tr	0.2
Olives, canned:									
895	Green-----	4 medium or 3 extra large	13	78	15	Tr	2	0.2	1.2
896	Ripe, Mission, pitted-----	3 small or 2 large-----	9	73	15	Tr	2	0.3	1.3
897	Onion powder-----	1 tsp-----	2.1	5	5	Tr	Tr	Tr	Tr
898	Oregano-----	1 tsp-----	1.5	7	5	Tr	Tr	Tr	0.1
899	Paprika-----	1 tsp-----	2.1	10	5	Tr	Tr	Tr	0.2
900	Pepper, black-----	1 tsp-----	2.1	11	5	Tr	Tr	Tr	Tr
Pickles, cucumber:									
901	Dill, medium, whole, 3-3/4 in long, 1-1/4-in diam.-----	1 pickle-----	65	93	5	Tr	Tr	Tr	0.1
902	Fresh-pack, slices 1-1/2-in diam., 1/4 in thick-----	2 slices-----	15	79	10	Tr	Tr	Tr	Tr
903	Sweet, gherkin, small, whole, about 2-1/2 in long, 3/4-in diam.-----	1 pickle-----	15	61	20	Tr	Tr	Tr	Tr
Popcorn. See Grain Products, (items 497-499).									
904	Relish, finely chopped, sweet----	1 tbsp-----	15	63	20	Tr	Tr	Tr	Tr
905	Salt-----	1 tsp-----	5.5	0	0	0	0.0	0.0	0.0
906	Vinegar, cider-----	1 tbsp-----	15	94	Tr	Tr	0	0.0	0.0
Yeast:									
907	Baker's, dry, active-----	1 pkg-----	7	5	20	3	Tr	Tr	0.1
908	Brewer's, dry-----	1 tbsp-----	8	5	25	3	Tr	Tr	Tr

!Value not determined.

Nutrients in Indicated Quantity

Cholesterol	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Sodium	Vitamin A value		Thiamin	Riboflavin	Niacin	Ascorbic acid	Item No.
							(IU)	(RE)					
Milli-grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	International units	Retinol equivalents	Milli-grams	Milli-grams	Milli-grams	Milli-grams	
0	1	58	87	0.0	5	329	0	0	0.00	0.00	0.0	0	881
0	1	183	45	0.0	4	290	0	0	0.00	0.00	0.0	0	882
0	1	239	359	0.0	6	312	0	0	0.00	0.00	0.0	0	883
0	1	207	314	0.0	891	Tr	0	0	0.00	0.00	0.0	0	884
0	69	60	137	2.2	991	2,845	3,820	382	0.25	0.19	4.4	41	885
0	4	3	8	0.1	54	156	210	21	0.01	0.01	0.2	2	886
0	1	35	11	0.9	28	3	Tr	Tr	0.01	0.01	0.1	Tr	887
0	1	7	8	0.4	50	26	910	91	0.01	0.02	0.2	2	888
0	8	22	109	1.9	235	1	10	1	0.01	0.07	0.4	0	889
0	2	28	1	0.9	12	1	10	1	Tr	Tr	Tr	1	890
0	1	10	7	0.6	31	1	20	2	0.01	0.01	0.1	Tr	891
0	2	2	12	0.1	31	1	0	0	0.01	Tr	Tr	Tr	892
0	0	1	0	0.0	2	6	0	0	0.00	0.00	0.0	0	893
0	Tr	4	4	0.1	7	63	0	0	Tr	0.01	Tr	Tr	894
0	Tr	8	2	0.2	7	312	40	4	Tr	Tr	Tr	0	895
0	Tr	10	2	0.2	2	68	10	1	Tr	Tr	Tr	0	896
0	2	8	7	0.1	20	1	Tr	Tr	0.01	Tr	Tr	Tr	897
0	1	24	3	0.7	25	Tr	100	10	0.01	Tr	0.1	1	898
0	1	4	7	0.5	49	1	1,270	127	0.01	0.04	0.3	1	899
0	1	9	4	0.6	26	1	Tr	Tr	Tr	0.01	Tr	0	900
0	1	17	14	0.7	130	928	70	7	Tr	0.01	Tr	4	901
0	3	5	4	0.3	30	101	20	2	Tr	Tr	Tr	1	902
0	5	2	2	0.2	30	107	10	1	Tr	Tr	Tr	1	903
0	5	3	2	0.1	30	107	20	2	Tr	Tr	0.0	1	904
0	0	14	3	Tr	Tr	2,132	0	0	0.00	0.00	0.0	0	905
0	1	1	1	0.1	15	Tr	0	0	0.00	0.00	0.0	0	906
0	3	3	90	1.1	140	4	Tr	Tr	0.16	0.38	2.6	Tr	907
0	3	⁷⁸ 17	140	1.4	152	10	Tr	Tr	1.25	0.34	3.0	Tr	908

⁷⁸Value may vary from 6 to 60 mg.

Table 3.—Yield of Cooked Meat per Pound of Raw Meat as Purchased

Retail cut and method of cooking	Yield after cooking (less drippings)	
	Parts weighed	Weight
		Ounces
Chops or steaks for broiling or frying:		
With bone and relatively large amount of fat, such as pork or lamb chops; beef rib, sirloin, or porterhouse steaks.	Lean, bone, and fat	10-12
	Lean and fat	7-10
	Lean only	5-7
Without bone and with very little fat, such as round of beef, veal steaks.	Lean and fat	12-13
	Lean only	9-12
Ground meat for broiling or frying, such as beef, lamb, or pork patties.	Patties	9-13
Roast for oven cooking (no liquid added):		
With bone and relatively large amount of fat, such as beef rib, loin, chuck; lamb shoulder, leg; pork, fresh or cured.	Lean, bone, and fat	10-12
	Lean and fat	8-10
	Lean only	6-9
Without bone.	Lean and fat	10-12
	Lean only	7-10
Cuts for pot roasting, simmering, braising, stewing:		
With bone and relatively large amount of fat, such as beef chuck, pork shoulder.	Lean, bone, and fat	10-11
	Lean and fat	8-9
	Lean only	6-8
Without bone and with relatively small amount of fat, such as trimmed beef, veal.	Lean with adhering fat	9-11

Table 4.—Recommended Daily Dietary Allowances (RDA)¹

(Designed for the maintenance of good nutrition of practically all healthy persons in the United States.)

Sex-age category	Persons						Food energy	Protein	Minerals			Vitamin A	Thia-min	Ribo-flavin	Nia-cin	Ascor-bic acid	
	Age		Weight		Height				Cal-cium	Phos-phorus	Iron						
	Years From	To	Kilo-grams	Pounds	Centi-meters	Inches			Calo-ries	Grams	Milli-grams	Milli-grams	Milli-grams	Retinol equivalents ²	Inter-national units ³	Milli-grams	Milli-grams
Infants	0	0.5	6	13	60	24	kg × 115 lb × 52.3	kg × 2.2 lb × 1.0	360	240	10	420	1,400	0.3	0.4	6	35
	0.5	1	9	20	71	28	kg × 105 lb × 47.7	kg × 2.0 lb × 0.9	540	360	15	400	2,000	.5	6	8	35
Children	1	3	13	29	90	35	1,300	23	800	800	15	400	2,000	.7	.8	9	45
	4	6	20	44	112	44	1,700	30	800	800	10	500	2,500	.9	1.0	11	45
	7	10	28	62	132	52	2,400	34	800	800	10	700	3,300	1.2	1.4	16	45
Males	11	14	45	99	157	62	2,700	45	1,200	1,200	18	1,000	5,000	1.4	1.6	18	50
	15	18	66	145	176	69	2,800	56	1,200	1,200	18	1,000	5,000	1.4	1.7	18	60
	19	22	70	154	177	70	2,900	56	800	800	10	1,000	5,000	1.5	1.7	19	60
	23	50	70	154	178	70	2,700	56	800	800	10	1,000	5,000	1.4	1.6	18	60
	51 +		70	154	178	70	*2,400	56	800	800	10	1,000	5,000	1.2	1.4	16	60
Females	11	14	46	101	157	62	2,200	46	1,200	1,200	18	800	4,000	1.1	1.3	15	50
	15	18	55	120	163	64	2,100	46	1,200	1,200	18	800	4,000	1.1	1.3	14	60
	19	22	55	120	163	64	2,100	44	800	800	18	800	4,000	1.1	1.3	14	60
	23	50	55	120	163	64	2,000	44	800	800	18	800	4,000	1.0	1.2	13	60
	51 +		55	120	163	64	*1,800	44	800	800	10	800	4,000	1.0	1.2	13	60
Pregnant							+ 300	+ 30	+ 400	+ 400	³ 18+	+ 200	+ 1,000	+ .4	+ .3	+ 2	+ 20
Lactating							+ 500	+ 20	+ 400	+ 400	18	+ 400	+ 2,000	+ .5	+ .5	+ 5	+ 40

1. Source: Adapted from Recommended Dietary Allowances, 9th ed., 1980, 185 pp. Washington DC: National Academy of Sciences, National Research Council. Also available in libraries. This publication tabulates the RDA for selected nutrients, discusses the basis for all RDA, and reviews current knowledge of the dietary needs for other nutrients.

2. 1 retinol equivalent = 1 µg retinol or 6 µg beta-carotene.

3. 1 international unit = 0.3 µg retinol or 0.6 µg beta-carotene.

4. After age 75 years, energy requirement is 2,050 calories for males and 1,600 calories for females.

5. The increased requirement cannot be met by ordinary diets; therefore the use of supplemental iron is recommended.

NOTE—The Recommended Daily Dietary Allowances (RDA) should not be confused with the U.S. Recommended Daily Allowances (U.S. RDA). The RDA are amounts of nutrients

recommended by the Food and Nutrition Board of the National Research Council and are considered adequate for maintenance of good nutrition in healthy persons in the United States. The allowances are revised from time to time in accordance with newer knowledge of nutritional needs.

The U.S. RDA are the amounts of protein, vitamins, and minerals established by the Food and Drug Administration as standards for nutrition labeling. These allowances were derived from the RDA set by the Food and Nutrition Board. The U.S. RDA for most nutrients approximates the highest RDA of the sex-age categories in this table, excluding the allowances for pregnant and lactating females. Therefore, a diet that furnishes the U.S. RDA for a nutrient will furnish the RDA for most people and more than the RDA for many. U.S. RDA are protein, 45 grams (eggs, fish, meat, milk, poultry), 65 grams (other foods); vitamin A, 5,000 International Units; thiamin, 1.5 milligrams; riboflavin, 1.7 milligrams; niacin, 20 milligrams; ascorbic acid, 60 milligrams; calcium, 1 gram; phosphorus, 1 gram; iron, 18 milligrams. For additional information on U.S. RDA, see the "Federal Register," vol. 38, no. 49 (March 14, 1973), pp. 6959-6960, and Agriculture Information Bulletin 382, "Nutrition Labeling—Tools for Its Use."

Table 5—Food Sources of Additional Nutrients

Vitamins		
<u>Vitamin B₆</u>	<u>Vitamin B₁₂</u> (present in foods of animal origin only)	<u>Vitamin D</u>
Bananas		Egg yolk
Fish (most)		Liver
Liver and kidney	Cheese	Saltwater fish
Meat	Fish	Vitamin D milk
Poultry	Liver and kidney	
Potatoes and sweetpotatoes	Meat	
Whole-grain cereals	Milk	
Yeast	Shellfish	
	Whole egg and egg yolk	
<u>Vitamin E</u>	<u>Folacin</u>	
Margarine	Dark-green vegetables	
Nuts		
Peanuts and peanut butter	Dry beans and peas	
Vegetable oils	Liver	
Whole-grain cereals	Wheat germ	
	Yeast	
Minerals		
<u>Iodine</u>	<u>Magnesium</u>	<u>Zinc</u>
Iodized salt	Bananas	Cocoa
Seafood	Cocoa	Dry beans and peas
	Dark-green vegetables (most)	Meat
	Dry beans and peas	Poultry
	Milk	Shellfish
	Nuts	Whole-grain cereals
	Whole-grain cereals	

Table 6—Amount of Fat That Provides 30 and 35 Percent of Calories at Specified Calorie Levels

Calories per day in diet	Amount of fat that provides—	
	30% of calories	35% of calories
	<i>Grams</i>	<i>Grams</i>
1,500	50	58
2,000	67	78
2,500	83	97
3,000	100	117

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	page		page
A		Black-eyed peas:	
Alcoholic beverages	8	Immature	54
Alfalfa seeds, sprouted	52	Mature, dry	40
Almonds	40	Blackberries	20
Apple juice	18	Blue cheese	10
Apples	18	Blue cheese dressing	16
Applesauce	18	Blueberries	20
Apricot nectar	20	Bologna	44
Apricots	20	Boston brown bread	26
Artichokes:		Bouillon	50
Globe or French	52	Braunschweiger	44
Jerusalem	56	Brazil nuts	40
Asparagus	52	Breadcrumbs:	
Avocados	20	Dry	26
		Soft	28
B		Bread cubes	28
Bacon	44	Breads	26
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Barbecue sauce	50	Broccoli	54
Barley, pearled	26	Brown and serve sausages	44
Bean sprouts, mung	54	Brussels sprouts	54
Bean with bacon soup	50	Buckwheat flour	30
Beans:		Bulgur	30
Dry:		Butter	16
Canned	40	Buttermilk	12
Cooked	40		
Lima:		C	
Immature	54	Cabbage:	
Mature, dry	40	Chinese	54
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Beef:		Red	54
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Beef broth	50	Cantaloup	22
Beef noodle soup	50	Carbonated beverages	8
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Beer:		Carob flour	40
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Cottage cheese	10
Cowpeas — see Black-eyed peas.	
Crabmeat	18
Cracked-wheat bread	26
Crackers	34
Cranberry juice cocktail	20
Cranberry sauce	20
Cream:	
Half-and-half	10
Light, coffee, or table	10
Sour	10
Whipped topping	10
Whipping	10
Cream cheese	10
Cream of chicken soup	48, 50
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Cream products, imitation:	
Creamers	12
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Ginger ale	8
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Grape drink	8
Grape juice	22
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Grapefruit	20
Grapefruit juice	20
Grapes	22
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